


**The Helping Hand
Cook Book; With a
Menu for Every day
in the Year, Together
With Numerous
Recipes**



HARLAND, MARION, 1830-1922



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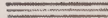
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THE HELPING HAND COOK BOOK

THE HELPING HAND COOK BOOK

*WITH A MENU FOR EVERY DAY IN
THE YEAR, TOGETHER WITH
NUMEROUS RECIPES*

BY
MARION HARLAND
AND
CHRISTINE TERHUNE HERRICK



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1912

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FOREWORD

This Manual, prepared carefully by two experienced housemothers, is meant to be more than a list of menus for family use. There is a scheme—a “motif,” if you will—running through it from beginning to end.

It would be wasting words to say that it is written especially for housekeepers of moderate means, whose earnest desire to set palatable and nourishing food before those to whom they minister is often thwarted by the necessity of keeping table expenses within a certain limit. This necessity becomes a cruelty when our caterer has a just appreciation of the dignity of her task. If she be ambitious, she girds as one in bondage until she wrecks nerves and temper. If she be philosophical, and easy-natured, she settles into a groove of sameness that makes household duties a treadmill round.

When she is obliged to buy second- and third-rates cuts, she makes no effort to mask their commonness. Rice pudding is cheap. Therefore she has it for dessert three times a week. Lamb's livers cost less than beef-steak, and elderly fowls one-third less than young roasters. Ignorant, or forgetful of the redeeming fact that liver and fowls may be rendered toothsome and digestible, she serves them with all their imperfections on their backs.

“Poor people can't be choosers!” is a parodied maxim often upon her tongue.

One object of our book is to disprove the saying. Those for whom we have catered belong to what is known as the Mighty Middle Class of American communities. The bone and sinew of our Republic, they are the makers of our Republic. Bearing in mind that a large percentage of them will attain (I do not say

"rise") unto wealth, in the course of time, we have tried to train the mistress of the modest establishment in comely conventions that may be practised as gracefully in her present sphere as in that to which she may be called in later life. If the daily living of the family be held to approved lines, increase of riches and wider social responsibilities will not bring new and hard lessons.

Believing, as we do, that, next to excellent cookery, the most important element in "setting a good table," is agreeable variety of food, we have aimed to supply this with each returning season.

Not the least valuable feature of our "motif" is the manipulation of "the fragments that remain" after the day's meals are served and eaten. To convert unlikely "left-overs" into palatable *entrées*, bearing so little resemblance to the form under which they first appeared as not to be recognizable by the uninitiated eaters, is an art every frugal cook should acquire.

The practice, or the neglect of this marks the difference between true economy and wilful waste.

Directions for the transformation of "scraps" into tempting fare are given each day. Recipes for dishes that may be unfamiliar to the average cook are included in the Appendix to the main body of the book.

The whole is dedicated to the use of our sister housekeepers and homemakers with whom we have wrought cheerfully and with hope through a long term of what we would fain believe have not been unfruitful years.

MARION HARLAND,

CHRISTINE TERHUNE HERRICK.

New York City,
1912.

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HELPING HAND COOK BOOK

JANUARY — FIRST WEEK

SUNDAY

BREAKFAST

Oranges, oatmeal and cream, kidneys stewed with wine (*), rice waffles (*), honey, toast, tea, coffee.

LUNCHEON

Bouillon in cups, jellied tongue (*), whole wheat bread, French fried potatoes, celery salad, Swedish wafers with cream cheese, New Year's cakes with marmalade, tea.

DINNER

Chicken and okra soup, roast beef with Yorkshire pudding (*), scalloped sweet potatoes (Virginia style) (*), cauliflower, mince pie and cheese, black coffee.

MONDAY

BREAKFAST

Baked apples, shredded wheat biscuit and cream, cheese omelet, French rolls, toast, tea, coffee.

LUNCHEON

Jellied tongue (a left-over), toasted Yorkshire pudding (a left-over), baked potatoes, brown bread spread with butter and cream cheese, ginger snaps and cocoa.

DINNER

Cauliflower soup (a left-over), larded beef a la mode (a left-over), fried oyster plant, baked macaroni, brown betty, black coffee.

From left-overs of yesterday's meals may be prepared dishes for Monday. The remnants of the jellied tongue may be served cold or the jelly may be melted and heated and serve as a gravy in which to warm the slices of tongue; the Yorkshire pudding may be toasted and buttered. What remains of the cauliflower and the beef may also be used.

Cauliflower Soup

Put the pieces of the cauliflower over the fire in enough hot water to cover them and simmer until very soft. Rub them through a colander. Heat three cups of milk in a double boiler, adding a tiny pinch of soda. Thicken with a tablespoonful of flour rubbed smooth with one of butter and when the mixture is well blended add the puree of cauliflower. Season to taste with salt and pepper and at the last add a couple of tablespoonfuls of fried bread dice to the soup. Do this just as it goes into the tureen. Or you may pass the dice with the soup and let each help himself.

Beef à la Mode

Make deep incisions in the round of beef left from yesterday. Care should have been taken in carving to slice it evenly so that it is a neat piece. Into the incisions thrust strips of fat salt pork which have been peppered. Make other cuts between those holding the pork, and rub into these a forcemeat of bread crumbs seasoned with minced onion, sweet herbs, salt and pepper and a very little vinegar. If the skewers have been removed from the beef, replace them or bind it into shape with cords or a band of muslin. Lay the meat in the covered roaster and pour over it the gravy left from yesterday. If there is not enough of this add a little boiling water. Let the meat cook covered for an hour and a half, uncover and brown. Keep it hot while you thicken the gravy in the pan with browned flour, adding a dash of kitchen bouquet unless the seasoning is decided, pour the gravy over the meat in the dish and serve. Slice horizontally.

TUESDAY

BREAKFAST

Evaporated peaches (stewed), puffed wheat and cream, finnan haddie, graham biscuits, toast, tea, coffee.

LUNCHEON

Yesterday's soup in cups (eke it out with a little hot milk, if necessary), fried brains (*), macaroni cut up and warmed with more cheese (a left-over),

toasted graham biscuits left from breakfast, coffee cake, tea.

DINNER

Celery cream soup, calf's liver à la jardinière (*), spinach, mashed potatoes, cottage pudding, black coffee.

WEDNESDAY

BREAKFAST

Oranges, cream of wheat, bacon and fried apples, muffins, toast, tea, coffee.

LUNCHEON

Mince of beef and mashed potatoes (a left-over), fried mush, muffins saved from breakfast, sugar gingerbread and coffee.

DINNER

Spinach soup (a left-over), curried veal, boiled rice, stewed tomatoes, small mince pies, black coffee.

Mince of Beef

Instead of making a plain hash of your beef and potatoes, good though this may be, vary it by chopping your beef, seasoning it to taste with minced onion, — a very little, — sweet herbs and kitchen bouquet, and then putting it into a bake dish. Moisten the meat with the left-over gravy, spread the mashed potatoes into which you have beaten an egg and a little melted butter, salt and pepper to taste, over the top of the meat, cover it and put it into the

oven until hot through, then uncover and brown. Serve promptly.

Spinach Soup

Heat three cups of milk to boiling, thicken with a tablespoonful of butter and flour rubbed together, warm the spinach and rub through a colander into the milk. Salt and pepper to taste, add a dash of nutmeg and serve smoking hot. If you can whip a few spoonfuls of cream to a froth and put a little of this on the top of each plate as it is served, you have a soup as pretty as it is good.

THURSDAY

BREAKFAST

Malaga grapes, cornflakes and cream, bacon, boiled eggs, corn bread, toast, tea, coffee.

LUNCHEON

Yesterday's soup in cups, mince of liver and tomatoes on toast (a left-over), chicory salad, crackers and cheese, cookies and jam, tea.

DINNER

Mock turtle bean soup (*), beefsteak, creamed onions, stewed carrots, apple snow (*), black coffee.

Mince of Liver and Tomatoes

Cut the liver into small pieces,—this is better than chopping it,—warm it in the gravy left over

from it. Heat the stewed tomatoes separately and if they are very thin, thicken them with crumbs. Put the heated chopped liver and gravy in the middle of the dish,— you may chop with it any of the vegetables served around it yesterday,— and make a border of the tomatoes. The toast under the meat may be lightly buttered, or you may substitute for it bread fried to a delicate brown in good dripping.

FRIDAY

BREAKFAST

Stewed prunes, Pettijohn's breakfast food and cream, fishballs, popovers, toast, tea, coffee.

LUNCHEON

Clam fritters (*), soufflé of onions (a left-over), lettuce and carrot salad (a left-over), crackers and cheese, thin bread and peanut butter, nuts and raisins, chocolate.

DINNER

Yesterday's soup with the addition of tomatoes, oyster scallop, stuffed potatoes, stewed celery knobs, tapioca pudding, black coffee.

Onion Soufflé

Chop your cold onions fine, add to them one cupful of milk and two eggs beaten light, salt and pepper to taste. Turn into a buttered bake dish and bake in a steady oven. Serve at once, or the soufflé will fall.

Lettuce and Carrot Salad

Cut the cold carrots into slices, arrange them on lettuce leaves and pour French dressing over them.

SATURDAY

BREAKFAST

Oranges, force and cream, fried scrapple, baked toast, white and whole wheat bread, tea, coffee.

LUNCHEON

Brown stew of beefsteak (a left-over), hot biscuits, celery knobs warmed over, toasted anchovy crackers, cream puffs, tea.

DINNER

Canned green pea soup, breaded and baked pork chops, apple sauce, browned sweet potatoes, mashed turnips, custard pie, black coffee.

Brown Stew of Beefsteak

Cut the steak in small strips, brown a sliced onion in dripping; when this is done, lay in the meat and turn it over in the fat until it is lightly seared all over. Pour in a cupful of hot water, taking pains to pour it around the meat, not upon it, cover the saucepan and let all simmer together for half an hour or longer, if the steak is tough. It should be tender enough to fall to pieces when touched with a fork when it is ready to serve. If you wish, you can make

cut dice or balls of potatoes, parboil them and let them stew for ten minutes in the gravy with the meat. Salt and pepper to taste.

SECOND WEEK

SUNDAY

BREAKFAST

Grape fruit, hominy and cream, baked omelet, biscuit, toast, tea, coffee.

LUNCHEON

Beef loaf (*), fried potatoes, tomato toast, crackers, cream cheese and raspberry jam, tea.

DINNER

Scotch broth, roast veal stuffed, with tomato sauce, French pease, browned potatoes, coffee ice-cream, cake, black coffee.

MONDAY

BREAKFAST

Oranges, grapenuts and cream, bacon, buttered toast, tea, coffee.

LUNCHEON

Creamed codfish on toast, baked potatoes, fried bread and cheese (*), tea and cake (left over from Sunday).

DINNER

Yesterday's soup, cold veal, scalloped tomatoes, mashed potatoes, celery salad, Malaga grapes, coffee.

TUESDAY

BREAKFAST

Chilled bananas, cracked wheat and cream, dropped eggs on toast, corn muffins, toast, tea, coffee.

LUNCHEON

Veal scallop (a left-over), potato cakes (a left-over), egg and lettuce salad, hot molasses gingerbread, cocoa.

DINNER

Cream of celery soup (outside stalks of celery), beefsteak, fried oyster plant, boiled and buttered sweet potatoes, coffee-jelly, black coffee.

Veal Scallop

Cut the veal into small pieces,— do not chop it,— arrange it in a pudding dish, making alternate layers of the meat and the stuffing, or if there is not enough of this, use bread crumbs seasoned with salt, pepper and powdered sweet herbs. Sprinkle salt and pepper on each layer of the meat and dots of butter on each stratum of the crumbs or stuffing. Make the latter the top crust. Pour in gravy to moisten the whole thoroughly. If the gravy served with the roast has been used, make more of the bones and trimmings

of the veal, or use a little stock. Bake the scallop covered for half an hour, uncover and brown.

Potato Cakes

Work a little more butter, pepper, salt and milk into yesterday's mashed potato, make it into cakes with the hands, roll in flour and fry in bacon or other good dripping to a light brown. Have the fat hot enough, so that the potato will not soak up the grease before it is brown.

WEDNESDAY

BREAKFAST

Oranges, boiled mush and milk, minced beef (a left-over), griddle cakes, toast, tea, coffee.

LUNCHEON

Cheese fondue (*), hot rolls, Saratoga chips, bread and jam pudding, tea.

DINNER

Brunswick stew made with lamb (*), baked hominy, endive salad, crackers and cheese, cottage pudding, coffee.

THURSDAY

BREAKFAST

Bananas, puffed rice and cream, bacon and fried apples, buttered toast, tea, coffee.

LUNCHEON

Brunswick stew (a left-over), quick muffins, lettuce salad, remains of cottage pudding sliced and toasted, cocoa.

DINNER

Cream of corn soup, boiled corned beef, scalloped cabbage, potato puff (*), floating island, black coffee.

FRIDAY

BREAKFAST

Oranges, oatmeal and cream, fish-cakes, brown bread, toast, tea, coffee.

LUNCHEON

Clam broth in cups, boiled corned beef sliced thin, baked sweet potatoes, cheese, crackers, cookies, hot chocolate.

DINNER

Bean soup (stock in which corned beef was boiled), halibut steaks, whipped potatoes (*), string beans, pumpkin pie, coffee.

SATURDAY

BREAKFAST

Stewed apples, wheatena and cream, bacon and eggs, graham biscuit, toast, tea, coffee.

LUNCHEON

Corned beef hash, fried sweet potatoes, whole wheat rolls, French pancakes (*), tea.

DINNER

Bean and tomato soup (a left-over), Hamburg steak with fried bananas, spinach, boiled potatoes, tapioca custard, black coffee.

Bean and Tomato Soup

To your bean soup of yesterday add a cupful of stewed tomato which you have rubbed through the colander, seasoned with salt, pepper, a teaspoonful of white sugar and a few drops of onion juice. If the soup thus made is not thick enough add a teaspoonful of butter rubbed smooth with twice as much flour and boil up once after this is added. Serve with dice of fried bread.

THIRD WEEK

SUNDAY

BREAKFAST

Oranges, oatmeal jelly and cream, fried sausages, popovers, toast, tea, coffee.

LUNCHEON

Pressed beef (*), steamed corn bread (*), baked pork and beans, apple turnovers, cheese, crackers, tea.

DINNER

Tomato cream soup, roast chickens, Spanish rice (*), green pea soufflé (*), mince pie, black coffee.

MONDAY

BREAKFAST

Baked apples, maple flakes with cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Sliced pressed beef (a left-over), baked potatoes, warmed-up pork and beans, crackers and cheese, ginger-snaps, cocoa.

DINNER

Quick tomato soup without meat (*), chicken pudding (a left-over), boiled rice, browned sweet potatoes, chocolate custard, black coffee.

Chicken Pudding

Cut the remains of yesterday's cold roast chicken into neat pieces, dividing the joints, and put them over the fire with the remains of yesterday's gravy. Should there not be enough of this, add to it by cooking together the bits of skin, the pinions of the wings, the bones of the carcass and the stuffing, in just enough cold water to cover them, with a slice of onion, a stalk of celery and a sprig of parsley, simmering until you have about a cupful of stock. When you have heated the chicken and the gravy

to boiling, season them well, turn them into a warmed pudding dish and pour over the meat a batter made like a thin biscuit dough, using the regular proportions of shortening and of flour, but increasing the quantity of milk to make a batter which will pour easily. Bake the pudding in a steady oven until the batter is done below and lightly browned on top. Serve in the bake dish.

TUESDAY

BREAKFAST

Oranges, triscuit and cream, baked eggs, tomato toast (use the remains of yesterday's soup for this), tea, coffee.

LUNCHEON

Dried beef with cream sauce, Lyonnaise potatoes (a left-over), baked rice (a left-over), cornstarch hasty pudding with hard sauce, tea.

DINNER

Brown potato soup (*), calf's liver larded and baked, scallop of sweet potatoes (a left-over), cracker plum pudding with brandy sauce (*), black coffee.

Baked Rice

To the boiled rice from yesterday add a beaten egg, a tablespoonful of butter, a half cupful of milk, a teaspoonful of sugar and a little salt. Turn into a buttered pudding dish and bake to a good brown.

Scalloped Sweet Potatoes

Cut the sweet potatoes left from yesterday into slices, put them into a pudding dish, moisten with a little boiling water in which you have melted a tablespoonful of butter. Sprinkle brown sugar over them, set in the oven, covered, for fifteen minutes, uncover just long enough to crisp on top.

WEDNESDAY

BREAKFAST

Grape fruit, cracked wheat and cream, fried bacon and mush, toast, tea, coffee.

LUNCHEON

Cold liver sliced (a left-over), stewed potatoes, cheese sandwiches, lettuce salad, crackers and cheese, stewed evaporated peaches, cocoa.

DINNER

Oyster soup with whipped cream on each portion, pot-roast of beef, mashed turnips, Brussels sprouts, poor man's pudding, black coffee.

THURSDAY

BREAKFAST

Oranges, boiled hominy and cream, omelette *aux fines herbes*, quick biscuit, toast, tea, coffee.

LUNCHEON

Sliced cold beef, Brussels sprouts baked in small scallop shells (a left-over), fried potatoes, warm gingerbread and cheese, tea.

DINNER

Beef soup with vegetables, from trimmings of yesterday's pot roast, baked veal cutlet with tomato sauce, hominy pudding (*), lima beans, suet pudding with hard sauce, black coffee.

FRIDAY

BREAKFAST

Oranges, oatmeal and cream, picked-up codfish with potatoes, griddle cakes, toast, tea, coffee.

LUNCHEON

Minced beef (a left-over), baked bread and cheese (*), fried hominy (a left-over), heated crackers with cream cheese and marmalade, cocoa.

DINNER

Yesterday's soup to which you have added macaroni and tomato, baked halibut, mashed potatoes, spinach, lemon pie, black coffee.

SATURDAY

BREAKFAST

Canned cherries, sweetened and stewed, shredded wheat biscuit and cream, sausage and waffles, toast, tea, coffee.

LUNCHEON

Baked eggs with gravy, potato cakes (a left-over), hot rolls, Swiss fritters (fried bread) with lemon and sugar, tea.

DINNER

Cream of tomato soup with whipped cream, ham, boiled, breaded and baked and served hot, spinach soufflé (a left-over), baked sweet potatoes, canned green pease, blancmange and cake, black coffee.

Spinach Soufflé

For this you must chop the remains of the spinach very fine, if this has not already been done. Add to it the beaten yolks of two eggs, a tablespoonful of melted butter, salt and pepper to taste and when the mixture is cold, whip into it the frothed whites of the two eggs, turn into a buttered pudding dish and bake quickly. Serve before it falls.

FOURTH WEEK

SUNDAY

BREAKFAST

Grape fruit, oatmeal and cream, fried panfish, scones, toast, tea, coffee.

LUNCHEON

Cheese fondu, corn cakes, cold ham sliced (a left-over), fruit salad (*), crackers, cheese, cake, tea.

DINNER

Consommé into which has been dropped a poached egg for each guest at table, boiled leg of mutton with caper sauce, stuffed eggplant (*), mashed potatoes, apple dumplings with hard sauce, black coffee.

MONDAY

BREAKFAST

Hawaiian pineapple, cornflakes and cream, bacon and apples, toast, tea, coffee.

LUNCHEON

Barbecued ham (a left-over) (*), potato puff, baked toast, apple sauce and small cakes, tea.

DINNER

Broth from the leg of mutton, sliced mutton warmed up in the caper sauce (a left-over), potato

puff (a left-over), canned corn pudding, junket, coffee.

TUESDAY

BREAKFAST

Oranges, oatmeal and cream, bacon, boiled eggs, muffins, toast, tea, coffee.

LUNCHEON

Minced ham and mutton together (a left-over), stuffed potatoes, whole wheat biscuit, hasty corn-starch pudding, cocoa.

DINNER

Soubise soup (*), roast chine with tomato sauce, riced potatoes, brown mashed turnips, squash pie with cheese, black coffee.

WEDNESDAY

BREAKFAST

Sliced oranges, force and cream, salt mackerel with cream gravy, oatmeal scones (*), toast, tea, coffee.

LUNCHEON

Cold chine (left-over), browned mashed potatoes (left-over), oatmeal scones from breakfast, split and toasted, baked apples stuffed with chopped nuts, tea.

DINNER

Black bean soup, boiled fowls with egg sauce, risotto (*), carrots, sliced and fried, jam and bread pudding, black coffee.

THURSDAY

BREAKFAST

Bananas, cracked wheat and cream, scrambled eggs with ham, griddle cakes, toast, tea, coffee.

LUNCHEON

Clam fritters, risotto warmed over, endive salad, crackers and cheese, sugar gingerbread, hot chocolate.

DINNER

Chicken broth from liquor in which the fowls were boiled, mutton chops, spinach, scalloped potatoes (*), macaroni pudding with hard sauce, black coffee.

FRIDAY

BREAKFAST

Oranges, puffed wheat and cream, fish cakes, shortcake, toast, tea, coffee.

LUNCHEON

Chicken croquettes (a left-over), shortcake split and buttered (left-over from breakfast), lettuce salad, crackers and cheese, cookies and jam, tea.

DINNER

Yesterday's soup to which you have added milk and rice, salmon pudding baked in a mold (*), mashed potatoes, canned string beans, orange fritters, black coffee.

SATURDAY

BREAKFAST

Apple sauce, cracked wheat and cream, bacon and fried mush, toast, tea, coffee.

LUNCHEON

Frizzled beef with egg, corn dodgers, potato croquettes (a left-over), griddle cakes and honey, tea.

DINNER

Giblet soup (a left-over), corned beef, ladies' cabbage, fried celery, coffee blancmange, black coffee.

Giblet Soup

For the foundation of this use some of the stock in which your fowls were boiled, or make a little by breaking up the bones of the chickens and stewing them with onion, celery and parsley. To this add the water in which the giblets were cooked tender.

Take out the giblets, chop them fine, stir them into the strained stock, with a tablespoonful of chopped parsley, and simmer half an hour; thicken with a tablespoonful of browned flour rubbed with a tablespoonful of butter, let this boil up and when smooth

and of the consistency of light cream, add what seasoning is required in the way of salt, pepper and kitchen bouquet, and serve.

If you like, you may make force-meat balls of a tablespoonful of fine bread crumbs, seasoned to taste with salt, pepper, onion juice and lemon peel, bound with the yolk of a raw egg and a little melted butter. After the mixture has been made into balls the size of small marbles, they may be dropped into the boiling soup and cooked for two minutes.

FEBRUARY — FIRST WEEK

SUNDAY

BREAKFAST

Grapes, large hominy and cream, fried scallops, popovers, toast, tea, coffee.

LUNCHEON

Bouillon in cups, Philadelphia scrapple, steamed brown bread, tomato aspic on lettuce (*), with French dressing, crackers and cheese, nuts and raisins, cocoa.

DINNER

Oyster bisque, stuffed and breaded beef's heart (*), Brussels sprouts, Jerusalem artichokes, mince pie, black coffee.

MONDAY

BREAKFAST

Stewed prunes, oatmeal and cream, bacon, French rolls, toast, tea, coffee.

LUNCHEON

Cold sliced beef's heart (a left-over), toasted English muffins, baked sweet potatoes, cream cheese sandwiches with brown bread (a left-over), cookies and jam, tea.

DINNER

Artichoke cream soup (a left-over), lamb's liver and bacon, mashed potatoes, Brussels sprouts warmed over, bread pudding with hard sauce, black coffee.

Cream Cheese Sandwiches

Slice the brown bread left from yesterday, butter it lightly and spread it with cream cheese which you have softened with melted butter or cream and seasoned with salt and a little white pepper. The addition of a dash of celery salt is an improvement, in the opinion of some friends of good eating.

Artichoke Cream Soup

Put the artichokes left from yesterday's dinner over the fire in a double boiler with the remains of the cream sauce served with them, and let them simmer until they are soft enough to rub through a colander. Have ready in another double boiler three cups of milk which you have thickened with a tablespoonful of butter and one of flour rubbed together, and press the artichokes and sauce with them through a colander into the milk. Let all boil up together for a couple of minutes, stirring well so as to have a smooth mixture, and serve.

TUESDAY

BREAKFAST

Oranges, maple flakes and cream, salt mackerel, creamed, corn bread, toast, tea, coffee.

LUNCHEON

Mince of lamb's liver on toast (a left-over), potato puff (a left-over), corn bread toasted (left over from breakfast), crullers and cheese, cocoa.

DINNER

Split pea soup, corned beef (cooked in the fireless cooker), mashed turnips, string beans, apple meringue pie, black coffee.

WEDNESDAY

BREAKFAST

Canned pineapple, shredded wheat biscuit and cream, bacon and eggs, graham gems, toast, tea, coffee.

LUNCHEON

Cold corned beef (a left-over), potatoes boiled whole with butter and parsley sauce, string beans and lettuce salad (a left-over), cornstarch hasty pudding, tea.

DINNER

Yesterday's soup, mutton chops en casserole (*), stewed tomatoes, spinach, orange tart, coffee.

String Bean and Lettuce Salad

Cut the remains of yesterday's string beans into short pieces, heap them on lettuce leaves and serve very cold with a French dressing of four tablespoonfuls of salad oil, one tablespoonful of vinegar, a half teaspoonful of salt and a saltspoonful of white pepper.

THURSDAY

BREAKFAST

Baked apples, wheatena and cream, broiled rabbit, bread and butter, toast, tea, coffee.

LUNCHEON

Corned beef hash (a left-over), tomato toast (a left-over), peanut butter sandwiches, hot gingerbread and American cheese, tea.

DINNER

Cream of spinach soup, fricasseed fowl (*), boiled rice, fried oyster plant, cabinet pudding, black coffee.

Tomato Toast

Cut the crust from slices of stale bread, toast, and dip each slice for an instant into slightly salted hot milk. Lay the toast in a pudding dish and pour over it a tomato sauce which you have seasoned with salt, pepper, sugar, and a little onion juice. Heat the tomato with the seasoning over the fire, thicken it with a teaspoonful of cornstarch to two cups of the tomato and add a teaspoonful of butter before pouring on the toast. Cover the dish and let it stand in the oven for five minutes before sending to table.

FRIDAY

BREAKFAST

Oranges, force and cream, clam fritters, rice muffins, toast, tea, coffee.

LUNCHEON

Fried panfish, stewed potatoes, griddle cakes and syrup, tea.

DINNER

Cream of carrot soup, halibut steaks, rice croquettes (a left-over), stewed celery, suet pudding (*), black coffee.

Rice Croquettes

Once I had an excellent cook who insisted that good croquettes could not be made of the cold rice left from the day before. There may be others of her opinion who will be glad to have the following direction.

Into a cup of cold boiled rice beat the well-whipped yolk of an egg, a teaspoonful of melted butter and one of sugar, half as much salt, and milk enough to soften the rice to a paste which may be handled. This may be made with floured hands into croquettes or balls, and after dipping these in the yolk of an egg and rolling in cracker crumbs, they may be put aside in a cool place for a couple of hours, to become firm, before frying them in deep fat. Take out with a split spoon and drain on brown paper in a hot colander.

SATURDAY

BREAKFAST

Oranges, wheatlet and cream, bacon, boiled eggs, quick biscuit, toast, tea, coffee.

LUNCHEON

Chicken scallop (a left-over), breakfast biscuits, heated, baked sweet potatoes, cream puffs and tea.

DINNER

Celery cream soup (a left-over), pork tenderloins, apple sauce, baked and glazed potatoes, buttered parsnips, batter pudding with liquid sauce, black coffee.

Chicken Scallop

Cut all the meat from the bones of the remains of the chicken served on Thursday. If there is an insufficient supply you may supplement it by the addition of a couple of hard-boiled eggs, chopped coarsely, or you may buy half a pound of lean veal, cut into pieces and stew tender. Butter your bakedish, put a layer of meat in the bottom, strew crumbs on this, sprinkle with salt and pepper and dot with bits of butter. When the dish is full, with the seasoned and buttered crumbs for the top, pour in enough gravy or stock to moisten the meat and crumbs, cover the dish, bake half an hour, uncover and brown.

SECOND WEEK

SUNDAY

BREAKFAST

Hominy cooked in milk with chopped dates, fish-balls, Indian meal muffins, tea, coffee.

LUNCHEON

Panned oysters, cream cheese sandwiches, Saratoga chips, egg salad with mayonnaise, hot crackers, cake and cocoa.

DINNER

Mutton broth with barley, roast lamb and mint sauce, string beans, mashed potato, pumpkin pie, black coffee.

MONDAY

BREAKFAST

Grape fruit, oatmeal and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Grilled sardines on toast (*), baked bread and cheese (*), lettuce and pimento sandwiches, cookies and orange marmalade, tea.

DINNER

Lobster bisque (*), deviled and fried lamb (a left-over), scalloped potatoes, string beans steamed and

served with lemon and butter (a left-over), floating island, black coffee.

Deviled and Fried Lamb

Cut the lamb in slices, lay it in a marinade made of a tablespoonful of oil, two of vinegar and pepper and salt at discretion, for an hour. Make a batter of a cupful of flour sifted with half a teaspoonful of baking powder and a saltspoonful of salt, a cupful of warm water in which you have melted a tablespoonful of butter, and the white of one egg beaten stiff, dip the meat in this and fry it in shallow dripping. Serve hot.

String Beans with Lemon and Butter

Work a teaspoonful of lemon juice into a tablespoonful of butter, steam the string beans and when smoking hot put the lemon butter upon them. Leave them in a covered dish in the oven for five minutes before sending to table.

TUESDAY

BREAKFAST

Baked apples eaten with rice boiled in milk, with cream, minced lamb (a left-over), toast, coffee.

LUNCHEON

Savory omelet, stewed potatoes, lettuce sandwiches, crackers with American cheese sliced and heated upon them, apple cake, tea.

DINNER

Black bean soup à la mock turtle, pot roast of beef served with horse-radish sauce and with browned sweet potatoes, creamed turnips, date pudding (*), black coffee.

WEDNESDAY

BREAKFAST

Oranges, triscuit and cream, chipped beef with cream gravy, waffles, toast, tea, coffee.

LUNCHEON

Philadelphia scrapple, soufflé of turnips (a left-over), sweet potatoes fried (a left-over), graham bread, hot gingerbread, cocoa.

DINNER

Yesterday's soup, warmed up with the addition of a couple of sliced hard-boiled eggs, cannelon of beef (a left-over), baked bananas, spaghetti with tomato sauce, apple fritters, black coffee.

Soufflé of Turnips

Prepare by the directions given for Onion. Soufflé on the First Friday in January.

Cannelon of Beef

Spread the cold roast of yesterday with a force-meat made of chopped salt pork, fried crisp, bread-crumbs in equal amount, seasoning both well with

sweet herbs, minced onion, pepper; roll up the beef with the forcemeat inside, tie it in shape, lay it in a dripping pan and pour over it the remains of the gravy, or stock enough to cover it. Simmer for an hour, uncover, baste, dredge with flour and brown. Thicken the gravy in the pan and pour over the meat in the dish.

THURSDAY

BREAKFAST

Oranges, cornflakes and cream, bacon and green peppers, quick biscuit, toast, tea, coffee.

LUNCHEON

Mince of beef with green peppers chopped in it (a left-over), boiled potatoes with butter and parsley sauce, baked Welsh rabbit, crackers and jam, tea.

DINNER

Cream of beet soup, calf's head à la vinaigrette (*), spinach, carrots fried in batter, rice and raisin pudding, black coffee.

FRIDAY

BREAKFAST

Oranges, cracked wheat and cream, creamed codfish, corn muffins, toast, tea, coffee.

LUNCHEON

Clam fritters, potatoes à la Parisienne, chestnut and lettuce salad (*), bread and butter sandwiches, canned peaches, tea.

DINNER

Brown potato soup, broiled Spanish mackerel, celery knobs, baked creamed potatoes, orange pudding, black coffee.

SATURDAY

BREAKFAST

Apple sauce and cream, dried rusk (*), bacon and fried mush, toast, tea, coffee.

LUNCHEON

Croquettes of calf's brains (a left-over), salad of celery knobs and romaine (a left-over), stuffed potatoes, jelly roll and tea.

DINNER

Mock turtle soup, based upon liquor in which calf's head was boiled (*), fresh beef's tongue, breaded and braised, (*) creamed oyster plant, potatoes à la Duchesse, cottage pudding, black coffee.

Croquettes of Calf's Brains

Wash the calf's brains in cold water, put them over the fire in boiling water, cook for two minutes and throw at once into very cold water. Leave them in this until they are chilled and stiff; pick out the bits

of membrane, etc, beat them to a paste with enough thick drawn butter to make a mixture which, after the addition of a little flour, is stiff enough to be formed into croquettes with the hands. Season the paste with salt, pepper and a little minced parsley, flour your hands and make up your croquettes, roll in egg and cracker crumbs and leave on the ice for at least two hours before frying them in deep fat.

THIRD WEEK

SUNDAY

BREAKFAST

Sliced pineapple, oatmeal jelly and cream, fried scallops, graham and rice muffins, toast, tea, coffee.

LUNCHEON

Jellied ham loaf (*), baked potatoes, celery and lettuce salad with mayonnaise dressing, apple snow, tea,

DINNER

Mutton broth with barley, roast of young pork, apple sauce, stewed chestnuts (*), Brussels sprouts, Irish potato pudding (*), black coffee.

MONDAY

BREAKFAST

Oranges, hominy and cream, bacon and eggs, French rolls, toast, tea, coffee.

LUNCHEON

Cold pork (a left-over), stuffed potatoes, apple sauce, baked milk toast (*), rice pudding, tea.

DINNER

Yesterday's soup, lamb's liver en casserole (*), soufflé of Brussels sprouts (a left-over), sweet potatoes, boiled and browned, chocolate blancmange and cake, black coffee.

Soufflé of Brussels Sprouts

Prepare by recipe given for Onion Soufflé in the First Friday in January, taking pains that the sprouts are cooked tender enough to rub through a vegetable press without difficulty.

TUESDAY

BREAKFAST

Grape fruit, cracked wheat and cream, bacon and fried apples, rolls, toast, tea, coffee.

LUNCHEON

Mince of liver on toast, fried hominy (left over from Monday morning), lettuce salad, crackers and cheese, jam roll, tea.

DINNER

Split pea soup, roast duck, currant jelly, creamed carrots, mashed potatoes, fig pudding (*), black coffee.

WEDNESDAY

BREAKFAST

Baked apples and cream, boiled mush and milk, giblet omelet (a left-over), Sally Lunn (*), toast, tea, coffee.

LUNCHEON

Clam fritters, potato croquettes (a left-over), graham bread and sardine sandwiches, crackers and cheese, warm gingerbread, chocolate.

DINNER

Split pea and tomato soup (a left-over), salmi of duck (a left-over), green pea pancakes, potato au gratin (*), banana fritters, black coffee.

Giblet Omelet

Put the giblets over the fire in enough cold water to cover them, stew until tender, take out and chop fine. Return to the fire with the gravy, season to taste with pepper and salt. Make an omelet by whipping the whites and yolks of five eggs until mixed, heat a tablespoonful of butter in the omelet pan, add a tablespoonful of milk to the eggs, a little salt and pepper and cook the omelet, taking pains not to scorch it. When done, pour the giblets and gravy on one-half of it, turn the other half of the omelet upon this and slip from the pan to a hot dish. If there are any of the giblets and gravy left pour this over and around the omelet.

Potato Croquettes

To the mashed potato of yesterday add a beaten egg, a tablespoonful of melted butter, salt and pepper as needed, and enough milk to soften the mixture to a paste which may be handled. Form into croquettes, roll in flour, set aside until cold and stiff and fry in deep fat.

Salmi of Duck

Cut the meat from the bones of the duck, make a gravy of the bones and trimmings, lay the meat in this and heat over the fire. Stir in a tablespoonful of currant jelly, let it boil up once, and just before taking from the fire add a couple of tablespoonfuls of sherry.

THURSDAY**BREAKFAST**

Oranges, oatmeal and cream, bacon and fried eggs, yesterday's Sally Lunn, sliced and toasted, toast, tea, coffee.

LUNCHEON

Cheese fondu (*), johnny cake, fried potatoes, apple and nut salad (*), lemon méringue tartlets, tea.

DINNER

Macaroni soup with Parmesan cheese, veal cutlets, scalloped tomatoes, spinach soufflé (a left-over, see Spinach Soufflé on Saturday of Third Week in January), orange roly-poly, black coffee.

FRIDAY

BREAKFAST

Oranges, wheatlet and cream, fried smelts, potato biscuits (*), toast, tea, coffee.

LUNCHEON

Creamed scallops, baked macaroni, crackers, cheese, farina custard, tea.

DINNER

Codfish chowder, Irish stew, sweet potatoes, boiled rice, chestnut pudding (*), black coffee.

SATURDAY

BREAKFAST

Oranges, grapenuts and cream, bacon and fried apples, toast, tea, coffee.

LUNCHEON

Yesterday's Irish stew, chopped sweet potatoes (a left-over), potato salad, crackers and cheese, canned fruit, tea.

DINNER

Yesterday's chowder, baked calves' hearts (*), stewed celery, mashed potatoes, apple tarts, black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Grape fruit, boiled mush and cream, codfish balls, Scotch scones (*), toast, tea, coffee.

LUNCHEON

Tomato bouillon in cups, chicken loaf, baked cream toast, scones split and toasted (a left-over), raspberry jam tarts, tea.

DINNER

Julienne soup, roast turkey, cranberry jelly, sweet potatoes, scalloped, stewed oyster plant, batter pudding with liquid sauce, black coffee.

MONDAY

BREAKFAST

Oranges, shredded wheat and cream, bacon and fried mush (a left-over), toast, tea, coffee.

LUNCHEON

Baked pork and beans, brown bread (steamed), baked potatoes, lettuce salad, crackers and cheese, tea.

DINNER

Yesterday's soup, cold turkey, cranberry sauce, whipped potato, spinach, macaroni pudding, black coffee.

TUESDAY

BREAKFAST

Oranges, force and cream, bacon, boiled eggs, toast of brown and white bread, tea, coffee.

LUNCHEON

Shrimps with tomato sauce (*), browned potato in small dishes (a left-over), whole wheat bread, celery and apple salad, cookies and marmalade, tea.

DINNER

Spinach soup (a left-over), ragout of turkey with French mushrooms (a left-over), Spanish rice, sliced beets, boiled Indian pudding, black coffee.

Browned Potato in Small Dishes

Beat an egg and a cupful of milk into the remains of yesterday's whipped potato, put it into nappies or scallop shells, sprinkle a little grated cheese over the top, set in the oven for fifteen minutes until the potato puffs up and the cheese on top melts and browns. Serve in the nappies.

Spinach Soup

For this see recipe for First Wednesday in January.

Ragout of Turkey With French Mushrooms

Cut the turkey from the bones, into neat pieces. Heat the remains of the gravy, add to it an equal

quantity of mushroom liquor, season all to taste, putting in a little kitchen bouquet if the gravy is insipid, lay the meat in this and let it become hot through. Cut a cupful of French mushrooms in half, lay them in the gravy with the meat when this is heated and leave them there for ten minutes. Long cooking toughens them. Serve with a garnish of triangles of fried bread.

WEDNESDAY

BREAKFAST

Stewed prunes, cracked wheat and cream, fish cakes of shredded codfish, quick biscuit, toast, tea, coffee.

LUNCHEON

Yesterday's soup in cups, cheese fondu, baked rice (a left-over), stewed potatoes, warm gingerbread, cocoa.

DINNER

Turkey rack soup (a left-over), chine of pork braised with apples (*), mashed turnips, canned corn, surprise pudding (*), black coffee.

Turkey Rack Soup

Break the carcass of the turkey into pieces, removing all the stuffing, cover with two quarts of cold water and boil for two hours, covered. Set aside until cold, skim and remove the bones, chop the meat, add to the soup and meat the stuffing rubbed through a colander,

a sliced onion and a minced stalk of celery. Simmer for an hour and put with a cup of milk which you have heated and thickened with a tablespoonful of flour rubbed with one of butter. As soon as this is blended with the soup, serve.

Baked Rice

Add a beaten egg and a little milk to the rice left from yesterday, put it into a pudding dish and brown lightly.

THURSDAY

BREAKFAST

Oranges, cornflakes and cream, sausages and griddle cakes, toast, tea, coffee.

LUNCHEON

Cold chine (a left-over), baked potatoes, toasted English muffins, crackers and cheese, nuts and raisins, tea.

DINNER

Yesterday's soup, to which you have added a little rice and some of the water in which it was boiled, roulades of beef (*), browned sweet potatoes, corn fritters (a left-over), tapioca and raisin pudding, black coffee.

Corn Fritters

To the corn left over from yesterday add a beaten egg, a cupful of milk, salt and pepper to taste, a table-

spoonful of melted butter, two tablespoonfuls of flour.
Drop by the spoonful into boiling fat.

FRIDAY

BREAKFAST

Oranges, puffed rice and cream, bacon, whole wheat muffins, toast, tea, coffee.

LUNCHEON

Mince of beef (a left-over), chopped and browned sweet potatoes (a left-over), brown bread and butter, canned fruit and cake, tea.

DINNER

Oyster soup, boiled cod, mashed potatoes, canned green pease, fig pudding, black coffee.

SATURDAY

BREAKFAST

Baked apples, oatmeal and cream, bacon, poached eggs on toast, toast, tea, coffee.

LUNCHEON

Frizzled dried beef with cream gravy, stuffed potatoes, cream cheese sandwiches, warm biscuit and jam, tea.

DINNER

Tomato and green pea soup (left over from pease of day before), codfish pudding with drawn butter

(a left-over), potato croquettes (a left-over), savory onions (*), bread pudding and hard sauce, black coffee.

Tomato and Green Pea Soup

Make a tomato soup in the usual way, reserving the solid part for some other use. Heat the left-over green pease until soft, rub them through a colander and add to the tomato soup. Serve with croutons of dried or fried bread.

Codfish Pudding With Drawn Butter

Flake fine your cold boiled cod, moisten it with a cup of milk, a tablespoonful of melted butter and two beaten eggs. Stir in a handful of fine crumbs, the juice of half a lemon, a tablespoonful of minced parsley, and salt and pepper to taste, turn into a well-greased pudding mold and bake in a steady oven for three-quarters of an hour. Turn out on a platter which you have heated well, pour over it a good drawn butter or white sauce and serve.

MARCH — FIRST WEEK

SUNDAY

BREAKFAST

Malaga grapes, hominy and cream, creamed codfish (a left-over), popovers, toast, tea, coffee.

LUNCHEON

Veal and ham loaf (*), stuffed sweet potatoes (*), celery and orange salad, thin brown bread and butter, jelly cake, tea.

DINNER

Cream of celery soup (use the outside stalks of the celery left from your salad), roast goose, apple sauce, scalloped eggplant (*), glazed sweet potatoes, French tapioca custard (*), sponge cake, black coffee.

Creamed Codfish

Break the codfish of the pudding into small pieces, heat the drawn butter, or if there is not enough of this, make a white sauce of a tablespoonful, each, of butter and of flour and a half pint of milk, cooked together until smooth and thick. Heat the codfish in this and if you like, sprinkle a little grated cheese over the top and set in the oven for three minutes before sending to table.

MONDAY

BREAKFAST

Baked apples, maple flakes and cream, bacon and fried hominy (left over from yesterday morning), toast, tea, coffee.

LUNCHEON

Sausages, stewed potatoes, hot shortcake, marmalade and cookies, tea.

DINNER

Gumbo soup (*), salmi of goose (a left-over), apple sauce, creamed oyster plant, mashed potato, banana soufflé pudding (*), black coffee.

Salmi of Goose

Prepare by recipe given for Salmi of Duck on the Wednesday of the Third Week in February.

TUESDAY

BREAKFAST

Oranges, oatmeal and cream, fried scallops, toast, tea, coffee.

LUNCHEON

Veal and ham loaf sliced (a left-over), potato puff (a left-over), baked tomatoes, doughnuts and cheese, cocoa.

DINNER

Yesterday's soup, beefsteak, creamed onions, French fried potatoes, raisin and date pudding (*), black coffee.

WEDNESDAY

BREAKFAST

Oranges, puffed wheat and cream, the remains of the veal and ham loaf, minced and heated, rolls, toast, tea, coffee.

LUNCHEON

Scallop of spaghetti, tomato and chopped beef (a left-over), baked potatoes, onion soufflé (a left-over), hot gingerbread and chocolate.

DINNER

Beef gravy soup, roast shoulder of veal, stewed tomatoes, parsnip fritters, fruit surprise (*), black coffee.

Scallop of Spaghetti, Tomato and Beef.

Chop the beef left from the steak rather coarsely. Boil a cupful of spaghetti tender, cut it into inch lengths, and heat it with the tomato liquor left from the baked tomatoes of yesterday. When thoroughly heated, add the meat, season well, stir in a heaping tablespoonful of grated cheese, turn all into a buttered pudding dish, sprinkle cheese thickly over the top and brown in the oven. This will be improved by the addition of a half teaspoonful of onion juice to the tomato liquor when you first heat it.

Onion Soufflé

For recipe for this see Friday of the First Week in January.

THURSDAY

BREAKFAST

Canned Hawaiian pineapple, shredded wheat biscuit and cream, plain omelet, potato biscuit, toast, tea, coffee.

LUNCHEON

Cold veal (a left-over), baked sweet potatoes, corn muffins, crackers, cheese, jam, tea.

DINNER

Yesterday's soup, with addition of macaroni, mutton chops, string beans, boiled rice, steamed orange pudding (*), black coffee.

FRIDAY

BREAKFAST

Oranges, hominy and cream, broiled mackerel, rice muffins (rice left over from last night), toast, tea, coffee.

LUNCHEON

Cheese fondu, currant buns (*), salad of string beans and lettuce (a left-over), baked custard, cookies, tea.

DINNER

Oyster bisque, salmon croquettes (*), potatoes au gratin, fried celery (*), batter pudding, black coffee.

Rice Muffins

Make a batter of a quart of milk, three beaten eggs, a tablespoonful of melted butter, a teaspoonful, each, of salt and sugar and two cups of flour with which you have sifted two teaspoonfuls of baking powder. When thoroughly mixed beat in a cupful of cold boiled rice. Beat hard, turn into heated muffin tins and bake in a quick oven.

SATURDAY

BREAKFAST

Tangerines, wheatlet and cream, bacon, buckwheat cakes, toast, tea, coffee.

LUNCHEON

Philadelphia scrapple, baked potatoes, salad of romaine with French dressing, crackers and cheese, cookies and marmalade, tea.

DINNER

Vegetable soup, boiled fowl with egg sauce, mashed sweet potatoes, browned (*), fried oyster plant, cottage pudding with raisins, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Grape fruit, hominy and cream, stewed kidneys, muffins, toast, tea, coffee.

LUNCHEON

Chicken au suprême in chafing dish (a left-over), potato salad, crackers and cheese, hot biscuits and honey, cocoa.

DINNER

Cream of potato soup, roast beef, baked macaroni, hominy pudding (a left-over), cranberry tarts, black coffee.

Chicken au Suprême in Chafing Dish

Cut the remains of the cold boiled fowl of yesterday into neat pieces and lay them for an hour in a couple of tablespoonfuls of salad oil. Cook together in the chafing dish a tablespoonful, each, of butter and flour until they bubble, pour upon them a half pint of milk, stir to a thick smooth sauce, and turn in the chicken with the remainder of the oil which has not been absorbed. Season to taste with salt, celery salt and white pepper and serve as soon as the chicken is hot through. This dish may be prepared in a frying pan as well as in a chafing dish.

Hominy Pudding

Add a cupful of milk and a beaten egg, a table-spoonful of melted butter, two teaspoonfuls of white sugar and a little salt to the hominy left over from breakfast, beat all well together, turn into a buttered pudding dish and bake to a delicate brown.

MONDAY

BREAKFAST

Apple sauce, mush and milk, baked eggs in nappies (*), toast, tea, coffee.

LUNCHEON

Fried pork with cream gravy (*), baked potatoes, large hominy boiled and buttered, cookies and tea.

DINNER

Cream of salsify soup (a left-over), curried veal (*), boiled rice, iced bananas served with the curry, scalloped macaroni (a left-over), poor man's pudding, black coffee.

Cream of Salsify Soup

Make this by recipe given for Cream of Cauliflower soup on the First Monday in January.

Scalloped Macaroni

Cut the macaroni left over into small pieces, put with it enough milk to make a soft mixture, turn it

into a shallow pudding dish or into individual nappies, sprinkle cheese thickly over it and set in the oven until brown and crisp on top.

TUESDAY

BREAKFAST

Oranges, oatmeal and cream, bacon and fried mush (left over from Monday morning), toast, tea, coffee.

LUNCHEON

Stew of curried veal and rice (a left-over), fried bananas, scones, crackers, cheese, gingersnaps, tea.

DINNER

Onion soup (*), roast beef larded and heated (a left-over), spinach, browned potato, rice pudding, coffee.

Stew of Curried Veal and Rice

Cut the stewed veal into small pieces, put with it the rice, and heat both together in the curry gravy. If you have more gravy, add this to the stew.

Roast Beef Larded and Heated

Into deep incisions cut in the beef, thrust strips of fat salt pork, lay the meat in your covered roaster, pour whatever gravy you have left over it, strew a little minced onion on it and if you have a little stewed tomato put this with the gravy. Cook, covered, for a couple of hours and serve with the gravy poured about it.

WEDNESDAY

BREAKFAST

Stewed prunes, oatmeal jelly and cream, bacon, popovers, toast, tea, coffee.

LUNCHEON

Beef hash (made from the roast and potato of yesterday), graham gems, lettuce salad, crackers, cheese, cocoa.

DINNER

Tomato cream soup, boiled mutton with caper sauce, mashed turnips, celery knobs, apple pie, coffee.

THURSDAY

BREAKFAST

Oranges, wheatena and cream, bacon, quick biscuits, toast, tea, coffee.

LUNCHEON

Sausages and griddle cakes. For dessert, cakes with new maple syrup, tea.

DINNER

Glasgow broth (based upon stock in which mutton was boiled), sliced mutton warmed up in caper sauce, spinach soufflé (a left-over), fried carrots, peach dumplings (canned peaches), coffee.

FRIDAY

BREAKFAST

Oranges, triscuit and cream, Spanish omelet (*), toast, tea, coffee.

LUNCHEON

Salt mackerel with cream gravy, boiled potatoes, salad of apples and celery with French dressing, crackers and cheese, tea.

DINNER

Vegetable soup (*), scalloped oysters, string beans, corn fritters, prune soufflé with whipped cream (*), black coffee.

SATURDAY

BREAKFAST

Stewed dates, oatmeal and cream, bacon and eggs, muffins, toast, tea, coffee.

LUNCHEON

Cheese fondu, whole wheat biscuit, salad of string beans and lettuce (a left-over), crackers and cheese, Swiss toast with lemon sauce (*), tea.

DINNER

Glasgow soup (*) (a left-over), roast loin of pork apple sauce, stewed tomatoes, sweet potato puff (*), pineapple ice cream (homemade) (*), black coffee.

THIRD WEEK

SUNDAY

BREAKFAST

Grape fruit, oatmeal porridge and cream, tomato omelet (a left-over), popovers, toast, tea, coffee.

LUNCHEON

Pork and beans, Sally Lunn, nut and orange salad, crackers and cheese, crullers, cocoa.

DINNER

Bean soup (made from the remnants of the pork and beans), roast lamb with mint sauce, Spanish rice, stewed celery, lemon meringue pie, black coffee.

Tomato Omelet

Make an omelet of five eggs, the whites and the yolks blended with a cupful of milk. Have ready a cupful of thick tomato sauce well seasoned with onion juice, sugar, salt and pepper. When the omelet is done put the tomato on one-half of the upper side, turn the other half over it and transfer at once to a hot platter.

Bean Soup

Put the remnants of the baked beans and pork over the fire with three full cups of warm water and a sliced onion and let them cook slowly until soft enough to rub through a colander. When this has

been done return them to the fire, boil up once, add flour and butter to thicken, if this seems necessary, and pour on croutons of fried bread.

MONDAY

BREAKFAST

Oranges, force and cream, bacon and fried peppers, toast, tea, coffee.

LUNCHEON

Frizzled dried beef with egg, scalloped Spanish rice (a left-over), corn-meal muffins, cheese straws, tea.

DINNER

Yesterday's bean soup (warmed up and increased by the addition of a cup of tomato liquor), cold lamb, canned green pease, stuffed potatoes, cabinet pudding (*), black coffee.

Scalloped Spanish Rice

To yesterday's Spanish rice add a cupful of stewed tomatoes taken from the can you opened to get the liquor for the soup. Season with sugar, salt and onion-juice before mixing it with the rice, sprinkle crumbs over the top after you have put it in a shallow bake dish and brown in the oven.

TUESDAY

BREAKFAST

Oranges, shredded wheat and cream, bacon, fried egg, toast, tea, coffee.

LUNCHEON

Mince of lamb (a left-over), baked bread and cheese, Saratoga chips, cream puffs, tea.

DINNER

Oyster bisque, larded and baked calf's liver (*), stewed celery, fried carrots, steamed orange pudding (*), black coffee.

WEDNESDAY

BREAKFAST

Baked apples, rice cooked in milk, sausages, corn bread, toast, tea, coffee.

LUNCHEON

Cold larded liver (a left-over), baked sweet potatoes, corn bread from breakfast sliced and toasted, lettuce salad with French dressing, crackers, cheese, tea.

DINNER

Browned potato soup (*), curried rabbits, boiled rice, spinach, junket, cake, coffee.

THURSDAY

BREAKFAST

Oranges, cornflakes and cream, apples and bacon, toast, tea, coffee.

LUNCHEON

Salmi of rabbits and rice (a left-over), baked potatoes, heated crackers and cheese, raspberry jam, shortcake and tea.

DINNER

Spinach soup (a left-over), pot roast of beef, scalloped potatoes, Brussels sprouts, tapioca pudding, black coffee.

Salmi of Rabbits and Rice

Cut the meat of the rabbits from the bones and warm in the gravy. If there is not enough of this put the bones over the fire with a sliced onion, a stalk of celery and a cup of cold water and simmer down to half the original quantity of fluid. While the meat is warming, heat the rice in a double boiler, put the curry in a hot dish and make a border of the rice around the edge.

FRIDAY

BREAKFAST

Stewed prunes, oatmeal and cream, roe herrings (*), fried mush, toast, tea, coffee.

LUNCHEON

Panned oysters (*), thin brown bread, buttered, waffles and honey for dessert, tea.

DINNER

Canned corn chowder (*), halibut steaks, mashed potatoes, creamed onions, jam tarts, black coffee.

SATURDAY

BREAKFAST

Oranges, wheatlet and cream, bacon, corn-meal cakes, toast, tea, coffee.

LUNCHEON

Creamed halibut and potatoes (a left-over), cold slaw, cream cheese sandwiches, warm gingerbread, cocoa.

DINNER

Julienne soup, cannelon (left-over beef from Thursday), fried bananas to garnish the cannelon, soufflé of onions (a left-over), string beans, canned Hawaiian pineapple, sponge cake, black coffee.

Cream Halibut and Potato

Flake the fish and beat it, with a little butter, into the mashed potato left from dinner. Turn into a frying pan, add a little boiling water from the kettle and turn and toss the fish until it is smoking hot and soft. If you wish you may add more butter as well as the pepper and salt. At the last squeeze in the juice of a lemon.

Cannelon of Beef

For a recipe for this you are referred to the Wednesday of the Second Week in February.

FOURTH WEEK

SUNDAY

BREAKFAST

Tangerines, oatmeal porridge and cream, croquettes of calf's brains, hot scones, toast, tea, coffee.

LUNCHEON

Philadelphia scrapple, stuffed potatoes, steamed brown bread, egg and lettuce salad, orange cake (*), tea.

DINNER

Macaroni soup with Parmesan cheese, boiled fresh beef's tongue with sauce piquante, creamed turnips, boiled rice with cheese sauce (*), sweet potato pie, black coffee.

MONDAY

BREAKFAST

Baked apples, cracked wheat and cream, mince of kidneys (*), French rolls, toast, tea, coffee.

LUNCHEON

Cold tongue, baked rice and cheese (a left-over), toasted brown bread (a left-over) cookies and cheese, tea.

DINNER

Beef broth, from liquor in which tongue was boiled, English mutton chops, baked onions (*), mashed potatoes, apple turnovers, black coffee.

Baked Rice and Cheese

Turn the left-over rice into a buttered pudding dish, pour the cheese sauce over it, strew a little more grated cheese over the top and bake until it is hot through and browned on top.

TUESDAY

BREAKFAST

Oranges, grapenuts and cream, bacon, fried bread, toast, tea, coffee.

LUNCHEON

Parsley omelet, potato cakes (a left-over), orange salad, crackers and cheese, gingersnaps, tea.

DINNER

Yesterday's broth, breaded veal cutlets, stewed celery, baked tomatoes, fried bananas, sago custard, coffee.

WEDNESDAY

BREAKFAST

Oranges, wheaten grits and cream, fishballs, quick biscuit, toast, tea, coffee.

LUNCHEON

Fried oysters, stewed celery au gratin (a left-over), biscuits left from breakfast, split and toasted, jam, crackers, tea.

DINNER

Potato soup, baked bluefish, canned green pease, baked macaroni, apple and tapioca pudding, black coffee.

Stewed Celery au Gratin

Put the cooked celery left over in a buttered baking dish, adding a little milk or broth to it if it seems dry, sprinkle crumbs over the top, dot with bits of butter, strew on a couple of tablespoonfuls of grated cheese and brown in the oven.

THURSDAY

BREAKFAST

Oranges, oatmeal and cream, the remnants of the tongue minced fine and heated in gravy, popovers, toast, tea, coffee.

LUNCHEON

Lamb's liver en casserole (*), macaroni left over from last night, heated with milk and browned in shallow dish, salad of string beans and lettuce (a left-over), hot gingerbread and American cheese, cocoa.

DINNER

Potato and onion soup, stuffed breast of veal, scalloped tomatoes, spinach, pumpkin pie, black coffee.

FRIDAY

BREAKFAST

Grape fruit, puffed rice and cream, creamed cod-fish, browned potatoes, toast, tea, coffee.

LUNCHEON

Clam fritters, baked bread and cheese, brown bread and butter, pumpkin pudding (*), tea.

DINNER

Spinach cream soup (a left-over), salmon steaks, whipped potatoes, green pea pancakes (*), baked Indian pudding with hard sauce, black coffee.

SATURDAY

BREAKFAST

Oranges, force and cream, bacon, boiled eggs, hominy cakes and syrup, toast, tea, coffee.

LUNCHEON

Mince of liver on toast (a left-over), potato puff (a left-over), pulled bread, yesterday's Indian pudding warmed up and served with cream, tea.

DINNER

Vegetable soup, veal and mushroom scallop (a left-over), fried sweet potatoes, Brussels sprouts, fig pudding, coffee.

Veal and Mushroom Scallop.

Cut the veal into neat pieces, slice the mushrooms. To the gravy you have left add half as much mushroom liquor, mix the meat and mushrooms, arrange them in a pudding dish, strewing each layer with crumbs, salt, pepper and bits of butter. Moisten all with gravy, bake covered forty-five minutes, uncover and brown.

APRIL — FIRST WEEK

SUNDAY

BREAKFAST

Oranges, hominy and cream, breakfast stew of beef (*), corn-meal muffins, toast, tea, coffee.

LUNCHEON

Imitation pâté de foie gras (*), Saratoga chips, toasted corn-meal muffins (a left-over), potato salad, crackers and cheese, marshmallow pudding (*), tea.

DINNER

Macaroni and beef soup with Parmesan cheese, pork potpie, apple sauce, mashed potatoes, green pea pancakes, sweet potato pie, black coffee.

MONDAY

BREAKFAST

Baked apples, maple flakes and cream, bacon and fried hominy (a left-over), toast, tea, coffee.

LUNCHEON

Remains of yesterday's potpie, baked potatoes, cream cheese and brown bread sandwiches, cream puffs, tea.

DINNER

Yesterday's soup, veal cutlets, spinach, fried carrots, bread and marmalade pudding (*), black coffee.

Remains of Yesterday's Potpie

Take the meat from the potpie and cut it into neat pieces; heat it in the gravy and if you have not enough of this put in a very little hot water or a small amount of soup stock. Lay the pieces of crust, cut into squares or triangles, on a pan, cover it and put it in the oven to become crisp. When the meat is hot arrange it in the middle of a platter and dispose the pieces of crust about the sides of the dish.

TUESDAY

BREAKFAST

Tangerines, oatmeal and cream, bacon, boiled eggs, steamed brown bread, toast, tea, coffee.

LUNCHEON

Kippered herring, potatoes boiled in their jackets, baked toast, canned peaches, cake, tea.

DINNER

Spinach soup (a left-over), scallop of minced veal (a left-over), spaghetti and tomato, stewed oyster plant, cottage pudding, black coffee.

Spinach Soup

For recipe see the Wednesday of the First Week in January.

Veal Scallop

For recipe see the Tuesday of the Second Week in January.

WEDNESDAY

BREAKFAST

Oranges, shredded wheat biscuit and cream, bacon, oatmeal scones (*), marmalade, toast, tea, coffee.

LUNCHEON

Sausage and griddle cakes, griddle cakes and honey for dessert, tea.

DINNER

Vegetable soup, boiled mutton, caper sauce, mashed potatoes, stewed celery, lemon jelly, sponge cake, black coffee.

THURSDAY

BREAKFAST

Stewed prunes, puffed rice and cream, salt mackerel, potato cakes (a left-over from last night's mashed potatoes), toast, tea, coffee.

LUNCHEON

Baked Welsh rarebit, fried potatoes, celery and apple salad, crackers and cheese, cookies, tea.

DINNER

Yesterday's soup, sliced mutton warmed up in caper sauce (a left-over), string beans, Jerusalem artichokes, Indian meal pudding, black coffee.

FRIDAY

BREAKFAST

Grape fruit, cracked wheat and cream, fried butterfish, hot biscuit, toast, tea, coffee.

LUNCHEON

Toasted sardines, soufflé of artichokes (a left-over), string bean and lettuce salad (a left-over), warm gingerbread, tea.

DINNER

Pea soup without meat stock (*), codfish steaks with lemon sauce (*), creamed potatoes, scalloped tomatoes, suet dumplings (*), black coffee.

Soufflé of Artichokes

Rub the artichokes through a colander. If they are not soft enough for this, put them over the fire in a little warm water and let them cook until tender; mix with them the remains of the cream sauce served with them, a half cup of milk and two eggs beaten light, salt and pepper to taste. Turn into a buttered pudding dish and bake to a delicate brown in a quick oven. Serve at once, before the soufflé falls.

SATURDAY

BREAKFAST

Oranges, triscuit and cream, minced mutton on toast (a left-over), muffins, toast, tea, coffee.

LUNCHEON

Creamed cod and potatoes, baked in a mold (a left-over), scalloped tomatoes, warmed over, split and toasted muffins from breakfast, hasty cornstarch pudding, cocoa.

DINNER

Barley broth (based upon liquor in which mutton was boiled), boiled corned ham, boned and stuffed (*), Brussels sprouts, large hominy, boiled and browned, prune pudding (*), black coffee.

Creamed Cod and Potatoes Baked

Mix your flaked cold codfish with half as much mashed potato, put with a cupful of white sauce, season to taste and press into a buttered mold. Set this in a pan of boiling water and bake until firm and brown, turn out on a hot flat dish, garnish with parsley and sliced lemon.

SECOND WEEK

SUNDAY

BREAKFAST

Grape fruit, brewis (*) and cream, deviled kidneys (*), graham gems, toast, tea, coffee.

LUNCHEON

Jellied chicken, baked pork and beans, tomato aspic and lettuce salad (*), crackers and cheese, tea.

DINNER

Mulligatawney soup (*), Hamburg steak in a loaf with mushroom sauce (*), riced potato, canned pease, cottage pudding with hard sauce, black coffee.

MONDAY

BREAKFAST

Oranges, oatmeal jelly and cream, bacon and fried apples, rolls, toast, tea, coffee.

LUNCHEON

Mince of Hamburg steak and potatoes (a left-over), green pea soufflé (a left-over), toasted rolls, blanchmange, tea.

DINNER

Yesterday's soup, curry of neck of lamb (*), boiled rice, baked sweet potatoes, raisin pie, black coffee.

Green Pea Soufflé

Follow the directions given for Soufflé of Artichokes in the Friday for the First Week in April.

TUESDAY

BREAKFAST

Baked apples and wheatena with cream, ham omelet, white and graham toast, tea, coffee.

LUNCHEON

Jellied chicken sliced (a left-over), scalloped sweet potatoes (a left-over), thin bread and butter, cookies and cocoa.

DINNER

Tomato and rice soup, breaded mutton chops, rice croquettes (a left-over), stewed canned corn, date pudding, black coffee.

WEDNESDAY

BREAKFAST

Oranges, maple flakes and cream, finnan haddie, popovers, toast, tea, coffee.

LUNCHEON

Barbecued ham (a left-over), quick biscuits, corn pudding (a left-over), watercress salad, sponge cake and marmalade, tea.

DINNER

Cream of celery soup, baked shad, Bermuda onions, macaroni with cheese, canned peach dumplings, black coffee.

Barbecued Ham

Cut the cold corned ham into slices and fry it in its own fat; when crisp remove from the pan and add to the fat left in it two tablespoonfuls of vinegar, a half teaspoonful of made mustard, a teaspoonful of white sugar and a dash of paprika. Boil up once and pour over the ham in the dish. Let this

stand covered in the oven for two minutes before serving.

Corn Pudding

To two cupfuls of canned corn add two beaten eggs, a half pint of milk, a tablespoonful, each, of sugar and of melted butter. Grease a pudding dish, turn the corn into this, bake covered for half an hour, uncover and brown.

THURSDAY

BREAKFAST

Bananas and cream, cornflakes and cream eaten with the sliced bananas, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Baked sausage (*), hot biscuit, string bean and lettuce salad, cheese straws, chocolate.

DINNER

Beef and sago soup, boiled fowls with egg sauce, stewed celery, rice and onion (the onion a left-over), bread pudding, black coffee.

Rice and Onion

Make a cupful of white sauce by cooking together a tablespoonful, each, of flour and butter until they bubble, pouring a half pint of milk upon them and stirring until smooth. To this add the onion left over, mashing it fine and mixing it with the sauce.

Heat the rice in a double boiler, turn it into a dish in alternate layers with the rice and sauce, sprinkle a few bits of butter over the top and brown in the oven.

FRIDAY

BREAKFAST

Oranges, Pettijohn's breakfast food and cream, frost fish, potato cakes, toast, tea, coffee.

LUNCHEON

Clam fritters, baked potatoes, lettuce and cream-cheese sandwiches, hot gingerbread, tea.

DINNER

Clam soup (a left-over), halibut steaks with lemon and butter, celery au gratin (a left-over), green pease, sweet potato pudding, black coffee.

Clam Soup

Drain the liquor from the clams used for fritters, adding to it half as much hot water. Bring it to a boil and skim off the scum. Heat in a saucepan milk in quantity equal to the liquor, thicken it with a tablespoonful, each, of butter and flour, put it with the clam broth, season to taste, serve with a tablespoonful of whipped cream on the top of each plateful.

Celery au Gratin

Turn the left-over stewed celery into a shallow baking dish, strew crumbs and grated cheese over

the top, dot with bits of butter and brown in the oven.

SATURDAY

BREAKFAST

Oranges, force and cream, fricasseed eggs (*), muffins, toast, tea, coffee.

LUNCHEON

Scalloped fish (a left-over), potato puff (a left-over), apple and orange salad, crackers and cheese, tea.

DINNER

Beef gravy soup, chicken pudding (a left-over), Bermuda potatoes au naturel, creamed carrots, snow pudding, black coffee.

Scalloped Fish

Flake the left-over fish with the remains of the sauce, turn into a buttered pudding dish, sprinkle crumbs over the top, bake covered for ten minutes, uncover and brown.

Chicken Pudding

For recipe of this see Monday of the Third Week in January.

THIRD WEEK

SUNDAY

BREAKFAST

Oranges, hominy and cream, fried scallops, popovers, toast, tea, coffee.

LUNCHEON

Cream of celery soup in cups, cold ham sliced, browned sweet potatoes, tomato aspic and lettuce salad, crackers and cheese, jelly cake, cocoa.

DINNER

Julienne soup, roast beef, Yorkshire pudding (*), creamed carrots and green pease (canned), mashed potato, raisin pie, black coffee.

MONDAY

BREAKFAST

Baked apples, dried rusk with cream (*), bacon, rolls, toast, tea, coffee.

LUNCHEON

Baked Welsh rabbit, potato puff (a left-over), breakfast rolls, heated, cream cheese, hot crackers, jam, chocolate with whipped cream.

DINNER

Carrot and green pea soup, based on a ten-cent can of beef soup with left-overs from yesterday, cold

roast beef garnished with Yorkshire pudding cut into strips and toasted, creamed onions, stewed salsify, canned blackberry pie, black coffee.

Carrot and Green Pea Soup

Chop the remnants of the carrot and green pease, heat the can of soup, add to it the vegetables, season to taste and if necessary, put with it a cupful of hot milk and such thickening as may be needed.

TUESDAY

BREAKFAST

Grape fruit, shredded wheat and cream, creamed codfish, quick biscuit, toast, tea, coffee.

LUNCHEON

Stew of beef and onions (a left-over), baked potatoes, breakfast biscuit, split and toasted, salad of cream cheese balls on lettuce leaves, thin brown bread and butter, tea.

DINNER

Canned corn soup, calves' hearts, stuffed and baked (*), canned whole tomatoes baked in scallop shells (*), potatoes boiled whole with butter and parsley sauce, macaroni pudding (*), black coffee.

Stew of Beef and Onions

Cut the beef into cubes, heat it in the gravy left from the roast, or, failing this, in a little stock. Part

of one of the ten-cent cans of beef soup makes an excellent foundation for a stew. When the meat is hot through put the minced left-over onions with it, cook them all together for ten minutes longer, season to taste and serve smoking hot.

WEDNESDAY

BREAKFAST

Stewed rhubarb, oatmeal and cream, bacon and fried hominy, toast, tea, coffee.

LUNCHEON

Canned corn soup in cups (a left-over), calves' hearts, cold and sliced, apple, orange and celery salad, crackers and Swiss cheese, cookies, marmalade, tea.

DINNER

Veal and sago soup, Irish stew, scalloped sweet potatoes, Brussels sprouts, poor man's pudding, black coffee.

THURSDAY

BREAKFAST

Hawaiian pineapple, cracked wheat and cream, sausage, griddle cakes, toast, tea, coffee.

LUNCHEON

Yesterday's stew, Brussels sprouts, warmed over, tomato toast, crackers and cheese, cream puffs, tea.

DINNER

Yesterday's soup, kidney pie (*), canned spinach, canned string beans, batter pudding, black coffee.

FRIDAY

BREAKFAST

Oranges, kornlet and cream, bacon, boiled eggs, corn bread, toast, tea, coffee.

LUNCHEON

Minced kidneys garnished with strips of pastry (a left-over), French fried potatoes, salad of string beans and endive (a left-over), thin graham bread and butter, canned peaches, cake, tea.

DINNER

Oyster bisque (*), boiled cod with anchovy sauce (*), riced potatoes browned, spinach pâtés (a left-over), apricot and tapioca pudding, black coffee.

Minced Kidneys

Cut the kidneys into small pieces or chop them coarsely with a chopping knife. Heat them in the gravy, serve on a hot platter and have the strips of pastry made very hot and used as a garnish.

String Beans and Endive

Cut the cold string beans into pieces of uniform length, divide the endive, mix the two and pour a French dressing over all.

Spinach Pâtés

To yesterday's left-over spinach add a tablespoonful of butter and flour cooked together in a saucepan, salt and pepper to taste. Butter the insides of small muffin tins, press the spinach firmly into this and set in the oven — a moderate oven — for ten minutes. Make a white sauce, turn out the molds of spinach on a hot platter, lay a slice of hard-boiled egg on each pâté and pour a white sauce over all.

SATURDAY

BREAKFAST

Stewed prunes, grapenuts and cream, bacon, rice muffins, honey, toast, tea, coffee.

LUNCHEON

Philadelphia scrapple, potato cakes (a left-over), plain shortcake, warm gingerbread, cheese, tea.

DINNER

"Scrap soup" (a combination of well-kept left-overs), fish pudding, baked in a mold and accompanied by egg sauce (a left-over), whipped potatoes, canned green pease, apple pie, black coffee.

Fish Pudding

This may be prepared by the recipe given for Creamed Fish and Potato on Saturday of the First Week in April.

FOURTH WEEK

SUNDAY

BREAKFAST

Stewed prunes (ice-cold), hominy and cream, liver and bacon, hot rolls, toast, tea, coffee.

LUNCHEON

Stuffed green peppers (*), toasted cream-cheese sandwiches (+), chicory salad, hot crackers, lemon cookies, cocoa.

DINNER

Brown gravy soup, fricasseed chicken, boiled rice, new potatoes, celery, cranberry tarts, black coffee.

MONDAY

BREAKFAST

Oranges, cracked wheat and cream, bacon, English muffins toasted, toast, tea, coffee.

LUNCHEON

Mince of liver (a left-over), stuffed sweet potatoes, crackers and cheese, custard pudding, tea.

DINNER

Yesterday's soup, stewed chicken and mushrooms with dumplings (a left-over), baked rice (a left-over), canned Lima beans, brandied peaches, cake, black coffee.

Stewed Chicken and Mushrooms

Cut the meat from the bones of yesterday's chicken, put the bones over the fire in just enough cold water to cover them, with a stalk of celery, a bay leaf and an onion and simmer until the liquid is reduced one-half; put this with the chicken gravy left from the day before and add to it half a cup of the liquor drained from a can of mushrooms. Bring to a boil and drop into the gravy dumplings made from a good biscuit dough rolled out and cut into small rounds. They should puff up and cook quickly. When they are done lay the meat and the mushrooms in the gravy and let it become smoking hot before turning out into a heated platter.

TUESDAY

BREAKFAST

Oranges, large hominy with cream, salt salmon-strips browned, corn muffins, toast, tea, coffee.

LUNCHEON

Baked eggs, German fried potatoes, toasted and buttered corn muffins (a left-over), crackers and cream cheese, orange marmalade, tea.

DINNER

Bean soup, mutton chops, scalloped tomatoes, baked macaroni, poor man's pudding, black coffee.

WEDNESDAY

BREAKFAST

Grape fruit, force and cream, bacon and fried large hominy (a left-over), toast, tea, coffee.

LUNCHEON

Stew of veal, macaroni and tomatoes (a left-over), baked sweet potatoes, gingerbread and Swiss cheese, cocoa.

DINNER

Yesterday's soup, shad roe (*), eggplant scalloped with white sauce and grated cheese (*), hominy croquettes, caramel custard (*), black coffee.

Stew of Veal, Macaroni and Tomatoes

Buy a pound of lean veal for stewing,—pieces from the leg will answer,—put it over the fire in enough cold water to cover it, with half an onion, a stalk of celery and a few sprigs of parsley and stew until tender. Cut the macaroni into short pieces, mix it with the tomato left from yesterday, turn all into a pudding dish with the gravy in which the veal was cooked, strew grated cheese over the top and bake for half an hour. As both the macaroni and the tomatoes are left over you have a savory dish with only the addition of the veal.

THURSDAY

BREAKFAST

Bananas and cream with maple flakes, scrambled eggs, baked milk toast, dry toast, tea, coffee.

LUNCHEON

Chipped beef with cream, fried sweet potatoes, hot biscuit, toasted crackers with cheese sprinkled on them and browned in oven, tea.

DINNER

Cream of celery soup, beefsteak, string beans, fried celery, oranges sliced with grated cocoanut, black coffee.

FRIDAY

BREAKFAST

Hawaiian pineapple, shredded wheat biscuit and cream, fried scallops, quick muffins, toast, tea, coffee.

LUNCHEON

Fishballs, potato biscuit, peanut butter sandwiches, lettuce and string bean salad (a left-over), crackers and cheese, cookies, chocolate.

DINNER

Tomato cream soup, baked bluefish, mashed potatoes, green pease (canned), chocolate blancmange, cake, black coffee.

SATURDAY

BREAKFAST

Oranges, puffed wheat and cream, mince of beef (a left-over from Thursday's beefsteak), shortcake, toast, tea, coffee.

LUNCHEON

Mince of fish and mashed potato (a left-over), scalloped tomatoes (a left-over), lettuce and cream-cheese-ball salad, jelly cake, tea.

DINNER

Bone and barley broth (left-overs of various sorts), fried pigs feet with a sauce piquante (*), sea kale, salsify fritters, farina pudding with caramel sauce, black coffee.

Mince of Fish and Mashed Potato

Flake the fish, put it into the frying pan with the mashed potato, add enough boiling water to soften it, stir in a tablespoonful of butter, salt and pepper to taste and serve when it is smoking hot.

Scalloped Tomatoes

For this use the tomatoes from which you drained the liquor for Friday's soup. Chop them to free them from lumps, season them with onion juice, salt and pepper and stir in a tablespoonful of melted butter. Add a little sugar if the tomatoes are tart. Put them into a shallow pudding dish, sprinkle crumbs over the top and brown in the oven.

MAY — FIRST WEEK

SUNDAY

BREAKFAST

Grape fruit, rice jelly with cream, smelts, corn bread, toast, tea, coffee.

LUNCHEON

Celery cream soup in cups, beef loaf, endive salad with French dressing, heated crackers with cream cheese, jam tartlets, tea.

DINNER

Potato soup, roast young goose, apple sauce, cauliflower, mashed potatoes, fruit surprise (made of canned peaches) (*), black coffee.

MONDAY

BREAKFAST

Hawaiian canned pineapple, oatmeal and cream, bacon and fried apples, rolls, toast, tea, coffee.

LUNCHEON

Mince of beef loaf, baked potatoes, radishes, crackers and cheese, bread and raisin pudding (*), tea.

DINNER

Spaghetti soup with grated cheese, salmi of goose (a left-over, to be prepared like Salmi of Duck, already given), soufflé of cauliflower (a left-over), potato croquettes (a left-over), baked custard, black coffee.

Potato Croquettes

Heat your mashed potatoes in a double boiler, beat into them a raw egg, a tablespoonful of butter, a trifle of nutmeg, pepper and salt to taste and enough milk to soften the potato to a condition where it is just a little too soft to handle while hot. Stir for three minutes in a saucepan over the fire and set aside to become perfectly cold. When this point is reached make into croquettes, roll in flour and let them stand for half an hour before frying them in deep boiling fat; drain off on brown paper in a colander.

TUESDAY

BREAKFAST

Oranges, force and cream, bacon and eggs, English muffins, toast, tea, coffee.

LUNCHEON

Picked codfish, creamed with potato, baked milk-toast, pineapple salad (a left-over), crackers and cheese, tea.

DINNER

Yesterday's soup (the bones of the goose should have gone into the stock-pot), mock duck (*), fried carrots, boiled rice, roly-poly jam pudding, black coffee.

Pineapple Salad

Lay a slice of the canned Hawaiian pineapple left from yesterday morning on lettuce leaves. (The fruit should be very cold.) Over it pour a good French dressing or cover it with mayonnaise dressing. This is a simple and delicious salad.

WEDNESDAY

BREAKFAST

Oranges, shredded wheat biscuit and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Stew of steak and onions (a left-over), soufflé of rice (a left-over), graham bread, junket and cake, cocoa.

DINNER

Gumbo soup, calf's liver, larded and baked, spinach, baked sweet potatoes, strawberry shortcake(*), black coffee.

Stew of Beef and Onions

Cut into neat pieces the remains of the flank steak from which the mock duck was made, put it over

the fire with the gravy or a little hot water and stew gently for half an hour. Add more seasoning to the gravy if this is needed. Have small onions,— twelve or fifteen,— cooked until soft in two waters, drain them and lay them in the gravy with the beef fifteen minutes before you take this from the fire. If there is a good deal of gravy you may thicken it with a tablespoonful of browned flour rubbed up with as much butter.

Soufflé of Rice

Make a white sauce by cooking together a tablespoonful of flour and butter until they bubble, pouring on them a half pint of milk, stirring over the fire until the sauce is thick and smooth. When cool beat in a teacupful of your cold rice left from yesterday and the whipped whites and yolks of three eggs. Bake in a greased pudding dish and eat soon after it is cooked as it falls quickly if left standing.

THURSDAY

BREAKFAST

Stewed prunes, grapenuts and cream, omelette with herbs, quick biscuit, toast, tea, coffee.

LUNCHEON

Larded liver, sliced cold slaw, breakfast biscuits warmed over, gingerbread and cheese, tea.

DINNER

Vegetable soup, curried veal, iced bananas, to be eaten with the curry, boiled rice, canned corn fritters, macaroon charlotte russe (*), black coffee.

FRIDAY

BREAKFAST

Oranges, mush and milk, fried panfish, toast, tea, coffee.

LUNCHEON

Fried shad roes with bacon, stuffed potatoes, celery salad, crackers, cheese, ginger cookies, tea.

DINNER

Celery soup (made of outside stalks of the celery), fried shad, mashed potatoes, green pease, orange jelly and sponge cake, black coffee.

SATURDAY

BREAKFAST

Oranges, oatmeal jelly and cream, bacon and fried mush (a left-over), quick whole-wheat biscuit, toast, tea, coffee.

LUNCHEON

Stew of curried veal and rice (a left-over), rice muffins (a left-over), potato cakes (a left-over), sliced bananas and cream, tea.

DINNER

Split pea soup, boiled corned beef, young turnips, creamed cabbage (*), boiled potatoes, plain strawberries and cream, black coffee.

Rice Muffins

Beat two eggs light. Add to them a tablespoonful of melted butter, a teaspoonful, each, of salt and sugar, a pint of milk, a cup of flour with which you have sifted a heaping teaspoonful of baking powder and after all are well mixed beat in a cupful of cold boiled rice. Whip hard and bake in a quick oven.

SECOND WEEK

SUNDAY

BREAKFAST

Oranges, triscuit and cream, fishballs, Southern batter bread (*), toast, tea, coffee.

LUNCHEON

Split pea soup in cups (a left-over), cold corned beef, boiled potatoes (left-over), chopped and browned, salad of lettuce and cream cheese, crackers, cookies, tea.

DINNER

White barley soup, roast lamb with mint sauce, asparagus, green pease, cherry pie, black coffee.

MONDAY

BREAKFAST

Oranges, oatmeal and cream, bacon, shirred eggs, toast, tea, coffee.

LUNCHEON

Baked corned beef hash (a left-over), green pea soufflé (a left-over), asparagus, ice-cold with French dressing (a left-over), crackers and cheese, cake, tea.

DINNER

Tomato soup, cold lamb with mint jelly, potatoes boiled whole with butter and chopped parsley sauce, eggplant, rhubarb pie, black coffee.

TUESDAY

BREAKFAST

Strawberries, cracked wheat and cream, bacon, whole-wheat bread, toast, tea, coffee.

LUNCHEON

Mince of lamb and green pease (a left-over), German fried potatoes, thin bread and butter, crackers and Roquefort cheese, sugar cookies and cocoa.

DINNER

Tomato and asparagus soup (two left-overs), Hamburg loaf surrounded by breaded bananas (*), fried salsify, young onions cooked in cream, chocolate pudding, black coffee.

Mince of Lamb and Green Pease.

Chop the lamb coarsely, make a cup of gravy from the bones and trimmings, seasoning this well and letting it cool so as to skim the fat from the top. Warm the lamb and the pease together, leaving them over the fire just long enough to become heated through.

Tomato and Asparagus Soup

Cook together the stalks of asparagus, which you should have put aside when preparing your dishes of asparagus on Sunday and Monday. Cover them with cold water, cook until tender, rub the pulp of the asparagus and the water through the colander and add to the tomato soup. Thicken a little with butter and flour and put in a handful of croutons just before sending the soup to table.

WEDNESDAY**BREAKFAST**

Oranges, grapenuts and cream, finnan haddie, muffins, toast, tea, coffee.

LUNCHEON

Croquettes of calf's brains (see recipe), baked bread and cheese, toasted muffins from breakfast, sliced and sugared oranges, sponge cake, tea.

DINNER

Pea soup, veal cutlets, lima beans, spinach, creamed potatoes, strawberries, cake, black coffee.

THURSDAY

BREAKFAST

Bananas and cream, eaten with puffed rice, bacon, popovers, toast, tea, coffee.

LUNCHEON

Pea soup in cups (a left-over), veal scallop in patty pans (a left-over), lima beans warmed over, quick biscuit, crackers, cheese, tea.

DINNER

Spinach soup (a left-over), breaded and braised fresh beef's tongue, Bermuda potatoes, sea kale, snow pudding, black coffee.

Spinach Soup

Cook together a tablespoonful of butter and flour until smooth, pour on them a quart of milk and stir until milk and thickening are well blended. Into these beat the left-over spinach, season to taste and serve. The spinach should have been chopped very fine and put through a colander before adding to the soup if it was not subjected to this process before it was first served.

Veal Scallop in Patty Pans

Prepare the veal scallop according to directions given elsewhere, put it into small pans or nappies, sprinkle crumbs, seasoning and butter over the top and brown lightly in the oven.

FRIDAY

BREAKFAST

Strawberries, oatmeal and cream, fried butterfish, graham gems, toast, tea, coffee.

LUNCHEON

Cold sliced tongue (a left-over), French fried potatoes, cold sea kale with French salad dressing (a left-over), toasted crackers with peanut butter, cake, tea.

DINNER

Codfish chowder, eggplant stuffed with remains of beef's tongue, minced, mashed and browned potatoes, asparagus, tipsy parson (*), black coffee.

Eggplant Stuffed With Minced Beef's Tongue

Parboil a large eggplant for ten minutes in boiling salted water, let it get entirely cold, cut it in half and scoop out most of the inside, leaving a layer of eggplant nearly an inch thick inside of the skin. Chop the remains of the tongue fine, season it well, add to it a quarter of a cup of bread crumbs, moisten it with stock or gravy and stuff the halved eggplant with the mixture. Lay the halves side by side in a dripping pan, pour two cups of soup stock about them and bake nearly an hour, basting every ten or fifteen minutes. Remove the eggplant to a hot dish, thicken the gravy left in the pan and pour this about the eggplant in the dish.

SATURDAY

BREAKFAST

Tangerines, maple flakes and cream, bacon and fried green peppers, corn-meal muffins, toast, tea, coffee.

LUNCHEON

Yesterday's chowder, egg timbales (*), potato croquettes (a left-over), cress salad with French dressing, currant gingerbread, cheese, tea.

DINNER

Macaroni soup, based on liquor in which tongue was boiled, mutton chops, cauliflower, string beans, canned peach turnovers, black coffee.

THIRD WEEK

SUNDAY

BREAKFAST

Strawberries, farina and cream, deviled kidneys, corn muffins, toast, tea, coffee.

LUNCHEON

Galantine (*), Saratoga chips, lettuce salad, heated crackers, tapioca cream (*), layer jelly cake, tea.

DINNER

Cream of lettuce soup (*), roast chickens, asparagus, rice, celery, jellied oranges (*), black coffee.

MONDAY

BREAKFAST

Oranges, oatmeal jelly and cream, bacon, French rolls, toast, tea, coffee.

LUNCHEON

Galantine (a left-over), garnished with tomato aspic, asparagus à la vinaigrette (a left-over), baked potatoes, radishes, crackers, cheese, tea.

DINNER

Sago and veal soup (stock in which the galantine was cooked), chicken pie (a left-over), baked rice (a left-over), young onions, rhubarb tart, black coffee.

Chicken Pie

Cut the chicken into joints, lay them in the gravy left from yesterday, making a little more by the addition of a ten-cent can of chicken soup. Season well and put into a deep pudding dish. Make a good biscuit dough, rather short, cut it into rounds after you have rolled it into a sheet less than an inch thick, arrange the biscuit on top of the pie and bake in a steady oven until the rounds are puffy and lightly browned.

TUESDAY

BREAKFAST

Tangerines, puffed wheat and cream, tomato omelet (use the solid part of the tomato left over from making the aspic), toast, tea, coffee.

LUNCHEON

Finnan haddie, onions warmed up in cream gravy and browned in oven (a left-over), baked toast, cream puffs, tea.

DINNER

Yesterday's soup, lamb's liver en casserole, stewed salsify, green pease, strawberries and cream, cake, black coffee.

WEDNESDAY

BREAKFAST

Grape fruit, hominy and cream, mince of liver (a left-over), toast, tea, coffee.

LUNCHEON

Spanish eggs (*), hot shortcake, salsify and lettuce salad (a left-over), crackers and cheese, sugar gingerbread, tea.

DINNER

Tomato soup with pease (a left-over of tomato liquor from the Spanish eggs and of pease from the day before), Irish stew, new beets, browned sweet potatoes, jam pancakes, black coffee.

THURSDAY

BREAKFAST

Stewed pieplant, cornflakes and cream, boiled eggs, quick biscuit, toast, tea, coffee.

LUNCHEON

Irish stew with dumplings (a left-over), brown bread and cream cheese sandwiches, lettuce and beet salad (a left-over), jelly roll, cocoa.

DINNER

Clear soup and croutons, calf's head *en tortue* (*), asparagus, string beans, chocolate custard, cake, black coffee.

Irish Stew With Dumplings

Drain the gravy from yesterday's stew and put it over the fire; make dumplings of a short biscuit dough, drop these in the gravy and cook until light and well done. Have the meat, etc., from the stew kept hot in a double boiler, join these to the gravy and dumplings and serve. The dumplings will help to "make out" the dish.

FRIDAY

BREAKFAST

Oranges, shredded wheat biscuit and cream, codfish balls, hominy muffins, toast, tea, coffee.

LUNCHEON

Grilled sardines, French fried potatoes, string bean salad, crackers and cheese, canned peaches, tea.

DINNER

Cream of beet soup (*), salmon steaks, mashed potatoes, spinach, strawberry shortcake, black coffee.

SATURDAY

BREAKFAST

Oranges, grapenuts and cream, fried calf's brains (a left-over), graham gems, toast, tea, coffee.

LUNCHEON

Creamed salmon (a left-over), potato puff (a left-over), toasted crumpets, radishes, nuts, raisins, cocoa.

DINNER

Clam broth with whipped cream, beefsteak, macaroni, celery knobs, charlotte russe, black coffee.

Creamed Salmon

Flake the cold cooked salmon fine, make a cup of white sauce according to directions already given and stir the salmon into this. Heat it over the fire in a double boiler, thinning with a little uncooked cream, if the mixture is too thick. Season to taste with salt and pepper and just before taking it from the stove add the juice of a small lemon. This may be either served as it is or turned into a pudding dish

or nappies, crumbs and pieces of butter strewed over the top and browned in the oven.

FOURTH WEEK

SUNDAY

BREAKFAST

Strawberries, wheatlet and cream, mince of beef from yesterday's steak, quick muffins, toast, tea, coffee.

LUNCHEON

Jellied ham (*), toasted muffins (left from breakfast), canned asparagus salad with French dressing, crackers and cheese, cookies, marmalade, tea.

DINNER

Cabbage chowder (*), stuffed shoulder of veal, stewed tomatoes, broccoli, pineapple jelly and cake, black coffee.

MONDAY

BREAKFAST

Oranges, maple flakes and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Yesterday's chowder in cups, heated, jellied ham sliced, tomato toast (a left-over), bread and butter cut thin and rolled, crackers and cheese, chocolate.

DINNER

Broccoli soup (a left-over), mutton chops, green pease, Bermuda potatoes, strawberry tart, black coffee.

TUESDAY

BREAKFAST

Bananas and cream, force, Beauregard eggs (*), crumpets, toast, tea, coffee.

LUNCHEON

Barbecued ham (a left-over), hot corn bread, French fried potatoes, marmalade and cake, tea.

DINNER

Browned potato soup, hot veal pasty (a left-over), soufflé of green pease (a left-over), rice with tomato sauce (*), queen of puddings (*), black coffee.

Barbecued Ham

For this take the largest and best pieces left from Sunday's jellied ham and cook them by the recipe already given for Barbecued Ham, adding a little of the melted jelly to the sauce in which the ham is cooked.

Hot Veal Pasty

Cut the veal left over from Sunday's dinner into neat strips, roll each in a little salt and pepper. Make a gravy of the trimmings of the veal, seasoning it well and lay the meat in a rather deep pudding

dish, interspersing hard-boiled eggs cut into eighths, and pouring the gravy over all. If you like you may make forcemeat balls of fine bread crumbs, seasoned with pepper, salt, grated lemon peel and a dash of nutmeg, moistened with melted butter and bound with a raw egg. The mixture may be formed into balls about the size of large marbles and these may be laid between the pieces of meat. When the meat, eggs, balls and gravy are all in the dish, lay a strip of pastry around the edge of the dish, pressing it down on the inside, then cover the top of the pie with a sheet of the pastry, cutting a couple of slits in it to permit the escape of the steam from the gravy. Bake covered for a half hour before you uncover it and let it brown.

WEDNESDAY

BREAKFAST

Stewed prunes, hominy and cream, bacon, poached eggs, toast, tea, coffee.

LUNCHEON

Cold pasty left from last night, stuffed potatoes, pulled bread, endive salad, crackers and cheese, jam tarts (made from a little of the pasty saved from last night), tea.

DINNER

Julienne soup, rolled beefsteak (*), young onions, sweet potatoes, farina pudding with wine sauce, black coffee.

THURSDAY

BREAKFAST

Oranges, wheaten grits and cream, bacon and fried hominy, toast, tea, coffee.

LUNCHEON

Beef stew with onions (a left-over), sweet potatoes, fried (a left-over), baked toast, canned peaches and gingersnaps, tea.

DINNER

Split pea soup, kidney pie, Brussels sprouts, stewed beets, cherry turnovers, black coffee.

FRIDAY

BREAKFAST

Oranges, force and cream, clam fritters, quick biscuit, toast, tea, coffee.

LUNCHEON

Shad roes, stewed potatoes, beet and lettuce salad (a left-over), crackers and cheese, cake and tea.

DINNER

Yesterday's soup, baked shad, mashed potatoes, fried celery, custard pie, black coffee.

SATURDAY

BREAKFAST

Oranges, triscuit and cream, bacon, boiled eggs, hot rolls, toast, tea, coffee.

LUNCHEON

Kidney pie warmed up, potato cakes (a left-over), rolls left from breakfast split, toasted and buttered, junket and cake, cocoa.

DINNER

Corn chowder (*), Brunswick stew of lamb, browned potatoes, radishes, floating island with strawberries on the "islands," black coffee.

JUNE — FIRST WEEK

SUNDAY

BREAKFAST

Raspberries, dried rusk, eaten with the berries and cream, bacon and boiled eggs, toast, tea, coffee.

LUNCHEON

Stuffed tomatoes filled with minced ham and baked, Saratoga chips, brown bread and butter cut thin, crackers and cheese, Hawaiian pineapple cut into dice, cake, tea.

DINNER

Green pea soup with croutons, stuffed and baked weakfish with Bearnaise sauce (*), mashed potatoes, cream beans, strawberry shortcake with whipped cream, black coffee.

MONDAY

BREAKFAST

Oranges, wheatena and cream, bacon, French rolls, toast, tea, coffee.

LUNCHEON

Creamed fish (a left-over), potato croquettes (a left-over), baked toast, caramel custard, cocoa.

DINNER

Pea and tomato soup (partly a left-over), veal stew with carrots and dumplings (*), cream beans warmed over, berry pie, black coffee.

Potato Croquettes

See recipe for these on Monday of the First Week in May.

Pea and Tomato Soup

To yesterday's left-over of pea soup add the liquor drained from a can of tomatoes, putting with it a teaspoonful of white sugar and a little salt. After you have mixed the two soups, thicken them, using butter and flour rolled together in the proportion of a tablespoonful of each to a quart of the soup.

TUESDAY

BREAKFAST

Oranges, farina and cream, cheese omelet, brown and white bread, toast, tea, coffee.

LUNCHEON

Yesterday's stew warmed over, stuffed potatoes, toasted cheese sandwiches, strawberries and cream, tea.

DINNER

Cream of lettuce soup, calf's liver en casserole, scalloped tomatoes (the left-over of the solid part

of the can from yesterday's soup), spinach, poor man's pudding, black coffee.

WEDNESDAY

BREAKFAST

Grape fruit, force and cream, codfish fritters (*), corn bread, toast, tea, coffee.

LUNCHEON

Mince of veal (a left-over), French fried potatoes, toasted English muffins, stewed fruit and cake, tea.

DINNER

Okra soup, fricasseed chicken (*), boiled rice, breaded and fried carrots, berries and cream, black coffee.

THURSDAY

BREAKFAST

Berries, cracked wheat and cream, bacon, drop cakes, toast, tea, coffee.

LUNCHEON

Baked omelet (*), baked potatoes, scones, syllabub (*) and cake, tea.

DINNER

Yesterday's soup, curried chicken (a left-over), rice croquettes (a left-over), baked bananas, corn-starch hasty pudding, black coffee.

Curried Chicken

Fry an onion in a tablespoonful of butter, add to it a heaping teaspoonful of curry powder and pour upon this the gravy drained from yesterday's fricasseed chicken; when this is hot lay in it the chicken, which you have cut from the bones. Cook together for five minutes and serve. If you wish you may put a border of plain-boiled rice around the dish in addition to serving rice croquettes with the dinner.

FRIDAY

BREAKFAST

Berries, puffed rice and cream, shirred eggs, potato biscuit, toast, tea, coffee.

LUNCHEON

Clam fritters, potato biscuit (left-over from breakfast), Spanish salad (*), crackers and cream cheese, macaroons (*), tea.

DINNER

Fish bisque (*), halibut steaks, whipped potatoes, green pease, strawberry ice cream, cake, black coffee.

SATURDAY

BREAKFAST

Oranges, oat flakes and cream, bacon, eggs, toast, tea, coffee.

LUNCHEON

Hashed fish and potato (a left-over), green pea soufflé (a left-over), anchovy toast, crackers and cheese, iced lemonade and cake.

DINNER

Barley broth, boiled mutton with caper sauce, butter beans, sliced tomatoes with French dressing, orange tartlets, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Currants with sugar, shredded wheat and cream, broiled chicken, corn drop cakes (*), toast, tea, coffee.

LUNCHEON

Jellied calf's tongue (*), Saratoga chips, peanut sandwiches, cucumber and lettuce salad, crackers and cheese, homemade cream puffs, iced tea.

DINNER

Onion soup, made from the stock in which the mutton was boiled, rib roast of beef, cauliflower, browned potatoes, horse-radish cream sauce, raspberry shortcake with whipped cream, black coffee.

MONDAY

BREAKFAST

Berries, hominy and cream, bacon fried with green peppers, toast, tea, coffee.

LUNCHEON

Cream of cauliflower soup (made from remnants of yesterday's cauliflower), remainder of jellied calf's tongue served as a salad upon lettuce with a French dressing, baked Welsh rabbit (*), rice pudding, iced coffee.

DINNER

Yesterday's soup, cold beef with horse-radish sauce and pickles, green corn fritters, young beets with the tops on (*), canned peach pie, black coffee.

TUESDAY

BREAKFAST

Bananas, force and cream, served together, ham omelet, toast, tea, coffee.

LUNCHEON

Minced mutton (a left-over), beet salad (a left-over), graham bread, toasted and buttered, crackers and cheese, hermits (*), tea.

DINNER

Potato soup, lamb chops, asparagus, green pease, berries and cake with cream, black coffee.

WEDNESDAY

BREAKFAST

Oranges, mush and milk, bacon, soft-boiled eggs, fried bread, toast, tea, coffee.

LUNCHEON

Beef hash (a left-over), lettuce with French dressing, green pea fritters (a left-over), quick biscuit, hot crackers, cream cheese and marmalade, tea.

DINNER

Macaroni soup with Parmesan cheese, baked Hamburg steak, mashed potatoes, young onions creamed, tipsy parson, black coffee.

Green Pea Fritters

To two cupfuls of green pease allow two eggs, a cup of milk and a cup of flour in which you have sifted a teaspoonful of baking powder and half a teaspoonful of salt. Put a tablespoonful of melted butter with the pease, mash them soft and beat them into the batter. Cook by the tablespoonful upon a soap stone griddle or drop a spoonful at a time into deep fat, made hot enough to cook the fritter in about a minute and a half. Drain in a colander before sending to table if they are cooked in the fat instead of upon the griddle.

THURSDAY

BREAKFAST

Berries, puffed rice and cream, bacon and fried mush (a left-over), toast, tea, coffee.

LUNCHEON

Sardines with lemon, endive salad with French dressing, stuffed potatoes, fruit, iced tea.

DINNER

Tomato and rice soup, veal cutlets, breaded, string beans, creamed potatoes, currant pie, black coffee.

FRIDAY

BREAKFAST

Oranges, cornflakes and cream, hot shortcake and honey, bacon, toast, tea, coffee.

LUNCHEON

Panfish fried, potatoes au gratin (a left-over), shortcake from breakfast heated, bread-and-butter pudding, tea.

DINNER

Creamed green corn chowder (*), baked shad with sauce tartare (*), riced potatoes browned, spinach, tapioca pudding, black coffee.

Potatoes au Gratin

Put the remainder of your creamed potatoes from last night into a shallow baking dish, scatter crumbs

and grated cheese over the top, dot with bits of butter and brown in the oven. Or you may chop them into a hash, adding a little more milk if they seem too dry before you put them into the pan and give them the cheese and crumb and butter "trimmings."

SATURDAY

BREAKFAST

Blueberries, wheaten grits and cream, bacon, dropped eggs, toast, tea, coffee.

LUNCHEON

Frizzled beef with cream sauce, baked potatoes, scones, romaine salad, crackers and cheese, cookies, iced tea.

DINNER

Little neck clams on half shell, beefsteak and onions, squash, eggplant, berries and cream, black coffee.

THIRD WEEK

SUNDAY

BREAKFAST

Raspberries and currants, hominy and cream, fried butterfish with lemon sauce, graham biscuit, toast, tea, coffee.

LUNCHEON

Imitation pâté de foie gras, French fried potatoes, biscuit left from breakfast, tomato and cucumber salad (*), crackers and cheese, junket, iced coffee.

DINNER

Split pea soup, Brunswick stew of lamb, hominy pudding (a left-over), homemade ice cream, cake, black coffee.

MONDAY

BREAKFAST

Strawberries, oatmeal and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Yesterday's pâté (a left-over), sliced tomatoes, rice with cheese sauce, hot crackers and jam, Edam cheese, tea.

DINNER

Yesterday's soup with the addition of dice of fried bread, Brunswick stew (a left-over which is better every time it is warmed up), baked sweet potatoes, young turnips, berries and cream, black coffee.

TUESDAY

BREAKFAST

Stewed rhubarb, shredded wheat and cream, bacon and fried tomatoes, toast, tea, coffee.

LUNCHEON

Egg timbales with white sauce (*), sweet potatoes hashed and browned (a left-over), Boston brown bread, lettuce salad, crackers and cheese, marmalade, tea.

DINNER

Veal and sago soup, beefsteak à la jardinière (*), mashed potatoes, fried young carrots, berries and cream, black coffee.

WEDNESDAY

BREAKFAST

Berries, oatmeal and cream, broiled ham, radishes, toast, tea, coffee.

LUNCHEON

Tomato cream soup in cups, smoked salmon strips, toasted in the oven, quick biscuit, fruit salad, crackers and cheese, iced tea.

DINNER

Cream of potato soup (a left-over), beefsteak pudding (a left-over), lima beans, rice croquettes, blueberry shortcake (*), black coffee.

Cream of Potato Soup

Fry a sliced onion in a tablespoonful of butter or good dripping; do not cook until it browns; add to it a tablespoonful of flour, stir until you have a white roux and pour upon it a quart of milk. When this is thickened and smooth, put in two cups of mashed potato, beating it in well so that there may be no lumps. Salt and pepper to taste. If the soup seems too thick, thin with a little hot milk.

Beefsteak Pudding

Cut yesterday's left-over steak into cubes and put it over the fire with an onion and enough cold water to cover the meat and stew gently until this is tender. If you have a little stock it is even better. Quarter four lamb's kidneys, parboil them, take them from this water and put them with the stewing meat. Cook fifteen minutes longer, put in a cupful of French mushrooms you have cut in half, thicken with gravy, adding more seasoning if it is needed and put meat and gravy into a deep bakedish. Mix a very soft biscuit dough, making it just fluid enough to pour, turn this over the top of the meat, put the pan in a good oven, keeping a cover on and bake for half an hour. Uncover and brown; send to table in the dish in which it was cooked.

THURSDAY

BREAKFAST

Oranges, wheatlet and cream, finnan haddie, whole-wheat muffins, toast, tea, coffee.

LUNCHEON

Remains of the beefsteak pudding, warmed up in a smaller dish, lima bean salad (a left-over), baked potatoes, crackers and cheese, yesterday's shortcake, tea.

DINNER

Yesterday's soup, liver and bacon, green pease, mashed potatoes, baked custard, black coffee.

FRIDAY

BREAKFAST

Chilled currants dipped in sugar, triscuit and cream, baked eggs, creamed toast, tea, coffee.

LUNCHEON

Minced veal on toast (a left-over from the veal used in making Tuesday's soup), fried tomatoes (*), scones, stewed fruit, tea.

DINNER

Cream of pea soup (a left-over), stuffed and baked bluefish, potato puff (a left-over), wax beans, strawberry float (*), black coffee.

Cream of Pea Soup

Make as directed for cream of potato soup on Wednesday of this week, omitting the onion when cooking the butter and flour together and substituting mashed green pease, heated and rubbed through a vegetable press, for the mashed potato.

SATURDAY

BREAKFAST

Oranges, mush and milk, bacon, quick biscuit, toast, tea, coffee.

LUNCHEON

Fish croquettes (a left-over), toasted biscuit from breakfast, salad of yesterday's wax beans with French

dressing, crackers and cheese, chocolate cake, iced tea.

DINNER

Clear soup with noodles, broiled Hamburg steak with garnish of fried bananas, young turnips, macaroni baked with cheese, white custards (*), gold cake (*), black coffee.

Fish Croquettes

Cook together a tablespoonful, each, of butter and flour until they bubble, pour upon them one cup of milk — a half pint — and stir until you have a thick smooth sauce. Into this stir two cupfuls of flaked fish which you have freed from bones and bits of skin, salt and pepper to taste, add the juice of a small lemon and set the dish away until the contents are perfectly cold. Form into croquettes with the hands, roll in egg and then in cracker crumbs and leave in a cold place for two hours. Fry in deep fat, drain on brown paper in a colander and serve garnished with lemon and parsley.

FOURTH WEEK

SUNDAY

BREAKFAST

Berries, rice jelly and cream, deviled kidneys (*), popovers, toast, tea, coffee.

LUNCHEON

Cold ham served with a garnish of pickled beets and cress, baked tomato toast, potato salad, crackers, Swiss cheese, cookies, tea.

DINNER

Asparagus soup, braised beef's tongue, green pease, Swiss chard, queen of puddings made with raspberries, black coffee.

MONDAY

BREAKFAST

Raspberries, Pettijohn's breakfast food and cream, barbecued ham (left-over from Sunday), French rolls, toast, tea, coffee.

LUNCHEON

Cold tongue (a left-over), baked potatoes, cream cheese balls with lettuce salad, heated crackers, blanc-mange, cookies, tea.

DINNER

Yesterday's soup, mutton chops with tomato sauce, green pea pancakes (a left-over), riced potatoes, raspberry cream pie (*), black coffee.

TUESDAY

BREAKFAST

Sugared currants, maple flakes and cream, bacon, eggs, graham bread, toast, tea, coffee.

LUNCHEON

Cheese fondu, hashed and creamed potatoes, soufflé of Swiss chard (a left-over), rice pudding with strawberry sauce, tea.

DINNER

Pea soup with croutons, broiled weakfish, string beans, young onions, currant tart, black coffee.

WEDNESDAY

BREAKFAST

Currants and raspberries, wheaten grits and cream, bacon, toast, quick biscuit, tea, coffee.

LUNCHEON

Egg cups (*), scalloped onions (a left-over), string bean and lettuce salad (a left-over), hot gingerbread and cheese, cocoa.

DINNER

Yesterday's soup, chicken potpie, potato croquettes, stuffed tomatoes, raspberry roly-poly, black coffee.

Scalloped Onions

Turn the remainder of the onions, with the sauce, either white or brown, which accompanied them, into a shallow baking dish, sprinkle crumbs over the top, put bits of butter here and there and brown in the oven.

THURSDAY

BREAKFAST

Berries, grapenuts and cream, bacon, boiled eggs, fried graham bread, toast, tea, coffee.

LUNCHEON

Chicken pie warmed up, rice croquettes, crackers and toasted cheese, loppered milk, cookies, tea.

DINNER

Cream of lettuce soup, calf's liver en casserole, spinach, new potatoes, cherry pie, black coffee.

FRIDAY

BREAKFAST

Berries, cracked wheat and cream, fried perch, muffins, toast, tea, coffee.

LUNCHEON

Grilled sardines, stewed potatoes, tomato and lettuce salad, crackers and cheese, lady fingers, iced tea.

DINNER

Cream of spinach soup (a left-over), baked bluefish, mashed potatoes, stuffed cucumbers (*), hot berry shortcake, black coffee.

SATURDAY

BREAKFAST

Berries, puffed rice and cream, bacon and fried green peppers, muffins, toast, tea, coffee.

LUNCHEON

Creamed fish and potatoes (a left-over), fried tomatoes (*), toasted cheese sandwiches, cake and strawberry jam, iced milk, tea.

DINNER

Scotch broth (*), veal cutlets, string beans, green pease, black-cap pudding with hard sauce, black coffee.

JULY — FIRST WEEK

SUNDAY

BREAKFAST

Stewed rhubarb with Sultana raisins, oatmeal jelly and cream, king fish broiled, corn-meal muffins, toast, tea, coffee.

LUNCHEON

Pickled lambs' tongues, shrimp and tomato salad, with mayonnaise (*), thin brown bread and butter, diced pineapple with whipped cream, cookies, iced tea.

DINNER

Green pea soup with croutons, fricasseed chicken, baked rice, string beans, berry shortcake with whipped cream, black coffee.

MONDAY

BREAKFAST

Apricots, wheaten grits and cream, baked eggs, garnished with bacon, graham rolls, toast, tea, coffee.

LUNCHEON

Pastry shells, filled with minced and heated veal (left over from cutlets of Saturday night), baked

potatoes, string beans with French dressing (a left-over), crackers and cheese, ginger wafers and tea

DINNER

Yesterday's soup, chicken pudding (founded upon fricassee, see recipe), stewed new potatoes with cream sauce, stuffed tomatoes, currant pie, black coffee.

TUESDAY

BREAKFAST

Berries, maple flakes and cream, bacon and fried green peppers, brown bread, toast, tea, coffee.

LUNCHEON

Fricasseed eggs, potatoes à la Lyonnaise, sliced tomatoes, English muffins (toasted), crackers, cheese, ginger ale and mint punch (*).

DINNER

Tomato cream soup, braised breast of veal stuffed, green pease, spinach, berries and cream, cake, black coffee.

WEDNESDAY

BREAKFAST

Berries, shredded wheat and cream, deviled kidneys, bacon, toast, tea, coffee.

LUNCHEON

Cold veal, garnished with cress, green pea pancakes (a left-over), baked potatoes, caramel custard, cocoa.

DINNER

Spinach soup (a left-over), mutton stew with rice dumplings (*), mashed turnips, string beans, raised blackberry pudding (*), black coffee.

THURSDAY

BREAKFAST

Pineapple with sugar, farina and cream, omelette aux fines herbes, whole-wheat biscuit, toast, tea, coffee.

LUNCHEON

Yesterday's stew (a left-over), biscuit warmed from breakfast, farina croquettes (a left-over), Swiss fritters and lemon sauce, tea.

DINNER

Bean and turnip soup (a left-over), rolled beefsteak (*), young onions, beets, homemade ice cream, cake, black coffee.

Farina Croquettes

Let the farina from breakfast become entirely cold, first making sure that it is sufficiently salted. When cold and stiff form it into croquettes with the hands, roll these in flour or in egg and crumbs and let them stand for a full hour before frying them in deep fat.

Bean and Turnip Soup

If the beans are not very tender stew them until they are soft enough to put through a vegetable press.

Make a soup by the direction already given for Cream of Potato soup, putting the pulped beans and turnip with the hot milk instead of the mashed potato.

FRIDAY

BREAKFAST

Cantaloupe, cornflakes and cream, fried perch, quick biscuit, toast, tea, coffee.

LUNCHEON

Clam fritters, stuffed potatoes, lettuce salad, crackers (heated), Edam cheese, berries and cream, cake, iced tea

DINNER

Cream of onion soup (a left-over), fried soft-shell crabs, wax beans, asparagus with French dressing, green apple tarts, black coffee.

SATURDAY

BREAKFAST

Berries, puffed rice and cream, beefsteak and onion stew (a left-over), French rolls, toast, tea, coffee.

LUNCHEON

Lobster à la Newburg, Saratoga potatoes, thin white bread and butter, lettuce and cress salad, jam pancakes, tea.

DINNER

Julienne soup, calf's head (*), mashed squash, green pease, poor man's pudding, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Berries, oatmeal and cream, broiled chicken, Sally Lunn, toast, tea, coffee.

LUNCHEON

Jellied bouillon in cups, calf's head warmed over, Saratoga chips, tomato salad, berries, iced tea.

DINNER

Mock turtle soup (stock in which calf's head was cooked), boiled mutton, caper sauce, mashed turnips, Parisian potatoes with parsley sauce, raspberry ice, cake, coffee.

MONDAY

BREAKFAST

Grape fruit, hominy and cream, kippered herrings, rolls, toast, tea, coffee.

LUNCHEON

Fried calf's brains, cucumber salad, baked potatoes, gingerbread and marmalade, tea.

DINNER

Cream of turnip soup (a left-over), sheed boiled mutton warmed up in caper sauce (a left-over), baked tomatoes, stuffed potatoes, sheed bananas and cream, cake, black coffee.

TUESDAY

BREAKFAST

Stewed rhubarb, brewis, bacon, boiled eggs, whole-wheat bread, toast, tea, coffee.

LUNCHEON

Cold mutton (a left-over), currant or grape jelly served with the mutton, O'Brien potatoes (*), peanut sandwiches, bread and jam pudding (*), tea.

DINNER

Tomato soup, fresh beef's tongue breaded and baked, young onions, string beans, berries and cream, black coffee.

WEDNESDAY

BREAKFAST

Oranges, mush and milk, bacon and fried tomatoes, brown bread, toast, tea, coffee.

LUNCHEON

Fresh beef's tongue fried in batter, salad of string beans and endive with French dressing, crackers and cheese, coffee junket (*), tea.

DINNER

Onion soup (a left-over), Hamburg steak mounded and breaded, then baked and served with canned cêpes-boiled beets, spinach, green apple pudding, black coffee.

Beef's Tongue Fried in Batter

Cut the beef's tongue into slices of medium thickness, lay them in a marinade of a tablespoonful of oil, two of vinegar, a half teaspoonful of salt and half as much pepper and leave them in this for an hour. Take the meat out, dip each slice in batter and fry it in shallow fat. Serve very hot and free from grease.

THURSDAY

BREAKFAST

Berries, oatmeal and cream, kidneys stewed with wine, muffins, toast, tea, coffee.

LUNCHEON

Hash of minced Hamburg steak, cêpes and potatoes made soft with gravy (a left-over), beet salad (a left-over), crackers and cheese, remains of yesterday's pudding, iced tea.

DINNER

Beef and barley soup, calf's liver larded and baked, stuffed eggplant, lima beans, berry dumplings with hard sauce, black coffee.

FRIDAY

BREAKFAST

Oranges, wheaten and cream, fried panfish, corn bread, toast, tea, coffee.

LUNCHEON

Mince of liver (a left-over), scallop of eggplant (a left-over), salad of lima beans and lettuce, crackers, cheese, sweet biscuit, tea.

DINNER

Yesterday's soup with noodles, boiled codfish with egg sauce, mashed and browned potatoes, soufflé of spinach (a left-over from Wednesday), floating island, black coffee.

SATURDAY

BREAKFAST

Berries, triscuit and cream, plain omelet garnished with bacon, biscuit, toast, tea, coffee.

LUNCHEON

Barbecued ham, potato cakes (a left-over), cream cheese and lettuce sandwiches, ginger cookies, tea.

DINNER

Cream of lettuce, codfish pudding baked in a mold (see Salmon pudding baked in a mold), green pea fritters, stewed tomatoes, berry pie, black coffee.

THIRD WEEK

SUNDAY

BREAKFAST

Lawton blackberries, puffed rice and cream, fried panfish, corn dodgers, toast, tea, coffee.

LUNCHEON

Jellied veal (*), Saratoga chips, sliced cucumbers and tomatoes with French dressing, cream cheese and hot crackers with fresh strawberry jam, iced tea.

DINNER

Green pea soup, roast chickens, Swiss chard, young beets cooked with the tops on, boiled rice, blueberry pie, black coffee.

MONDAY

BREAKFAST

Pineapple sliced, wheaten grits and cream, bacon, eggs poached in milk, rolls, toast, tea, coffee.

LUNCHEON

Dried beef and eggs, baked cream toast, yesterday's beets chopped and served with lettuce as a salad, berries and cream, iced tea.

DINNER

Pea and tomato soup (a left-over), chicken pudding (a left-over), mashed potatoes, green peppers

stuffed with rice (a left-over), peaches and cream, black coffee.

Green Peppers Stuffed With Rice

Cut the tops from green peppers and remove the seeds, taking care not to touch them with the fingers, as they are sometimes hot enough to burn a delicate skin. Parboil them for five minutes, drain, wipe dry and fill with the boiled rice left from yesterday. Put a teaspoonful of butter on top of each, after you have arranged the filled peppers in a dish, pour a little weak stock about them, bake them covered for fifteen minutes and send to table in the dish in which they were cooked.

TUESDAY

BREAKFAST

Oranges, cornflakes and cream, minced veal (the left-over jellied veal of Sunday chopped and heated in its own gravy and served on toast), fried bread, toast, tea, coffee.

LUNCHEON

Remnant of chicken pudding warmed up, garnished with hard-boiled eggs, sliced, Spanish rice (a left-over), baked potatoes, cookies and canned Hawaiian pineapple, tea.

DINNER

Potato soup (a left-over), beef's heart stuffed and breaded (*), young carrots, green pease, berries and cream, black coffee.

Spanish Rice

To make this dish from the left-overs slice the peppers stuffed with rice, put the two vegetables together, stir into them a cupful of stewed tomato, turn all into a baking dish, add a little stock or tomato liquor to prevent dryness, cover and bake twenty minutes, uncover and brown lightly.

WEDNESDAY

BREAKFAST

Stewed rhubarb, farina and cream, bacon, quick muffins, toast, tea, coffee.

LUNCHEON

Fricasseed eggs, stuffed potatoes, toasted muffins left over from breakfast, hot berry shortcake, iced tea.

DINNER

Mulligatawney soup, boiled mutton, soubise sauce (*), green pease, mashed young turnips, custard pudding, black coffee.

THURSDAY

BREAKFAST

Oranges, force and cream, bacon, boiled eggs, pea pancakes (a left-over), toast, tea, coffee.

LUNCHEON

Mince of beef's heart (a left-over), tomato toast, turnip soufflé (a left-over), berries and cream, jumbles (*), tea.

DINNER

Yesterday's soup, mutton sliced and fried in batter (a left-over), spinach, lima beans, peach tarts, black coffee.

FRIDAY

BREAKFAST

Harvest apple sauce, maple flakes and cream, finnan haddie, graham biscuit, toast, tea, coffee.

LUNCHEON

Cheese fondu, corn-meal muffins, Lyonnaise potatoes, bean and lettuce salad (a left-over), stewed pears and gingersnaps, iced coffee.

DINNER

Spinach cream soup (a left-over), soft-shell crabs, French fried potatoes, string beans, raised blackberry pudding (*), black coffee.

SATURDAY

BREAKFAST

Pears, oatmeal and cream, Beauregard eggs, French rolls, toast, tea, coffee.

LUNCHEON

Minced mutton (a left-over), potatoes hashed and browned, peanut butter sandwiches, baked apples with cream, iced tea.

DINNER

Mutton and barley soup, beefsteak and young onions, stuffed tomatoes, huckleberry shortcake (*), black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Berries, molded oatmeal and cream, kippered herring, whole wheat muffins, toast, tea, coffee.

LUNCHEON

Bouillon, cold meat, egg salad, toasted muffins from breakfast, sago pudding, tea.

DINNER

Corn chowder, roast shoulder of lamb with mint sauce, green pease, summer squash, peach pie, black coffee.

MONDAY

BREAKFAST

Oranges, jellied rice and cream, bacon, graham gems, toast, tea, coffee.

LUNCHEON

Grilled sardines, salad of lettuce and tomatoes, Saratoga chips, hot crackers and American cheese, gingersnaps, iced tea.

DINNER

Succotash soup (yesterday's left-over green pence added to the corn chowder), cold lamb (a left-over) with currant jelly, lima beans, mashed potatoes, berries and cream, cookies, black coffee.

TUESDAY

BREAKFAST

Grape fruit, farina and cream, poached eggs on toast, brown bread, toast, tea, coffee.

LUNCHEON

Mince of kidneys, baked potatoes, toasted English muffins, radishes, crackers, cheese, sponge cake, iced tea.

DINNER

Tomato soup, Brunswick stew made of a fowl, rice croquettes, berry shortcake, black coffee.

WEDNESDAY

BREAKFAST

Peaches and pears, shredded wheat and cream, bacon and fried green tomatoes, toast, tea, coffee.

LUNCHEON

Yesterday's stew, chopped and heated, baked sweet potatoes, cold slaw, cheese, crackers, bread pudding, tea.

DINNER

Chicken gumbo (based upon giblets and scraps from stew), veal cutlets, green corn, spinach, fruit surprise, cake, black coffee.

THURSDAY

BREAKFAST

Oranges, hominy and milk, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Veal and ham loaf (partly a left-over), stewed tomatoes, hominy muffins (a left-over), crackers and jam with cream cheese, tea.

DINNER

Spinach cream soup (a left-over), stuffed calves' hearts, string beans, young onions, peaches and cream, cake, black coffee.

Veal and Ham Loaf

To two cups of your left-over veal cutlet minced fine allow a cupful of cold boiled ham, also minced. Put with these three heaping tablespoonfuls of bread crumbs, a teaspoonful of catsup, salt and pepper to taste and a teaspoonful of lemon juice. Moisten with a little gravy or stock,—about half a cupful to the quantity mentioned,—mix all well and press hard into a bowl or small straight-sided pan. Set this in a pan of boiling water, covering closely and let

it cook for an hour and set aside to get cool with a weight on top of it to keep it in shape. Turn out upon a flat dish and slice.

Hominy Muffins

Make a batter of three cups of milk, two eggs whipped light, a tablespoonful of melted butter, a teaspoonful of salt and one of sugar, two cups of flour sifted with two teaspoonfuls of baking powder and when all are well mixed beat in a cupful of cold, boiled hominy. Grease and heat your muffin tins before filling them.

FRIDAY

BREAKFAST

Melons, oatmeal and cream, smelts, corn muffins, toast, tea, coffee.

LUNCHEON

Omelet with fine herbs, salad of string beans and celery (partly a left-over), anchovy toast, crackers and cheese, junket, wafers, tea.

DINNER

Potato soup without meat, baked pickerel, stuffed eggplant, soufflé of omons (a left-over), homemade ice cream, black coffee.

SATURDAY

BREAKFAST

Blackberries, force and cream, baked eggs, fried mush, toast, tea, coffee.

LUNCHEON

Cold calves' hearts (a left-over), scalloped egg-plant (a left-over), baked tomato toast, cream cake, iced tea.

DINNER

Green pea soup, roast beef, potatoes browned with the beef, young turnips creamed, rhubarb pudding (*), black coffee.

AUGUST — FIRST WEEK

SUNDAY

BREAKFAST

Peaches, triscuit and cream, fried calf's brains, German puffs (*), toast, tea, coffee.

LUNCHEON

Cold roast beef sliced thin and garnished with sliced tomatoes, egg and lettuce salad, brown bread and butter, crackers and cheese, cake, lemonade

DINNER

Gumbo soup, roast shoulder of veal, tomato sauce, green pease, vegetable marrow (*), frozen peaches, black coffee.

MONDAY

BREAKFAST

Melons, cracked wheat and cream, bacon and poached eggs, brown bread toasted, tea, coffee.

LUNCHEON

Mince of beef (a left-over), baked cream toast, lettuce and cream cheese salad, cookies and jam, iced tea.

DINNER

Yesterday's soup, cold veal sliced, green pea pancakes (a left-over), green corn, watermelon, black coffee.

TUESDAY

BREAKFAST

Pears, force and cream, bacon and fried tomatoes, graham muffins, toast, tea, coffee.

LUNCHEON

Creamed crab flakes (*), cheese toast, green corn pudding (a left-over), gingersnaps and ginger ale.

DINNER

Tomato cream soup, larded and baked calf's liver, string beans, spinach, peaches and cream, black coffee.

Green Corn Pudding

Grate from the cob enough corn to make two cupfuls, add to it two eggs, whipped light, a cupful of milk, a tablespoonful, each, of sugar and of melted butter, and a teaspoonful of salt. Turn the mixture into a greased pudding dish, sprinkle buttered crumbs over the top, bake covered for half an hour, uncover and brown.

WEDNESDAY

BREAKFAST

Melons, farina and cream, broiled salmon, potato biscuit, toast, tea, coffee.

LUNCHEON

Cold liver sheed (a left-over), string bean and lettuce salad, with crackers and cheese, breakfast biscuit warmed over, peach shortcake (*), tea.

DINNER

Spinach soup (a left-over), veal scallop (a left-over), stuffed tomatoes, lima beans, blackberry dumplings with hard sauce, black coffee.

THURSDAY

BREAKFAST

Berries, dried rusk and cream, bacon and fried farina (a left-over), muffins, toast, tea, coffee.

LUNCHEON

Creamed salmon (a left-over), stewed potatoes, lettuce and lima bean salad (a left-over), crackers and cheese, fruit, iced coffee.

DINNER

Green pea soup, mutton cutlets, succotash, fried eggplant, peaches and pears, black coffee.

FRIDAY

BREAKFAST

Melons, shredded wheat and cream, fried perch, quick biscuits, toast, tea, coffee.

LUNCHEON

Creamed and scalloped clams in nappies (*), stuffed potatoes, cucumber salad, baked sweet apples, tea.

DINNER

Tomato and pea soup (partly a left-over), soft-shell crabs, whipped potatoes, young beets served with vinegar and butter, peach ice cream and cake, black coffee.

SATURDAY

BREAKFAST

Melons, maple flakes and cream, bacon, boiled eggs, Sally Lunn, toast, tea, coffee.

LUNCHEON

Stuffed peppers with remains of mutton, potato cakes (a left-over), yesterday's beets with French dressing, warm cookies, iced coffee.

DINNER

Vegetable soup, fresh beef tongue breaded and braised, green corn, young onions, sliced peaches and cream, black coffee.

Stuffed Peppers With Mutton

Cut the tops from peppers, remove the seeds, par-boil them and fill them with the minced mutton. Arrange in a pan, pour weak stock about them and bake for half an hour. Thicken the gravy and pour over the peppers in the dish. ✓

SECOND WEEK

SUNDAY

BREAKFAST

Melons, sago jelly and cream, broiled chicken, muffins, toast, tea, coffee

LUNCHEON

Jellied bouillon, cold beef's tongue garnished with nasturtium flowers, egg salad, toasted muffins left over from breakfast, crackers and cheese, fresh fruit, tea.

DINNER

Lima bean soup with croutons, boiled mutton with caper sauce, green pease, corn on the cob, peaches and cream, cake, black coffee.

MONDAY

BREAKFAST

Baked apples, force and cream, bacon and eggs, brown bread, toast, tea, coffee.

LUNCHEON

Sardines with lemon sauce, scalloped potatoes, baked tomato toast, cress salad, loppered milk, gingersnaps, tea.

DINNER

Corn chowder (a left-over), sliced mutton fried in batter (a left-over), green pea soufflé (a left-over), Swiss chard, fruit dessert, black coffee.

Sliced Mutton Fried in Batter

Cut the mutton into neat slices, sprinkle with pepper and salt and then lay for half an hour in a mixture of oil and vinegar, made in equal parts. A couple of tablespoonfuls of each will be an ample allowance for a good amount of the mutton. Make a batter as for fritters, dip each slice of mutton into this after it has soaked in the marinade of oil and vinegar for half an hour and fry in deep fat as you would any other fritters. Lay upon brown paper in a hot colander as you take the slices from the fat and transfer from this to a heated platter.

TUESDAY

BREAKFAST

Melons, puffed rice and cream, creamed codfish, baked potatoes, toast, tea, coffee.

LUNCHEON

Mince of mutton (a left-over), cream cheese and lettuce sandwiches, hashed and creamed baked potatoes (a left-over), raw tomatoes with whipped cream dressing, fruit, ginger ale.

DINNER

Swiss chard soup (a left-over, made like spinach soup), beefsteak with onions, green corn, fried egg-plant, ice cream, cake, black coffee.

Mince of Mutton

Chop the mutton, warm it in the left-over caper sauce and serve with a garnish of parsley or carrot tops.

WEDNESDAY

BREAKFAST

Oranges, oatmeal and cream, bacon, broiled tomatoes, quick biscuit, toast, tea, coffee.

LUNCHEON

Stew of steak and onions (a left-over), green corn pancakes (a left-over), salad of lettuce and cucumbers, baked pears, iced tea.

DINNER

Chard and tomato soup (a left-over), smothered liver (*), squash, baked tomatoes, watermelon, black coffee.

Green Corn Pancakes

To two cupfuls of grated green corn add two beaten eggs, a cupful of milk, a tablespoonful of melted butter, salt and pepper to taste and two tablespoonfuls of flour. Mix and fry like griddle cakes.

THURSDAY

BREAKFAST

Melons, triscuit and cream, fricasseed eggs, popovers, toast, tea, coffee.

LUNCHEON

Mince of smothered liver (a left-over), Lyonnaise potatoes, toasted cheese sandwiches, peach shortcake, iced tea.

DINNER

Cream of corn soup, breaded and baked veal cutlet, green pease, beets, fruit surprise, black coffee.

FRIDAY

BREAKFAST

Peaches, boiled farina with cream, fish cutlets, graham biscuit, toast, tea, coffee.

LUNCHEON

Cheese fondu, Saratoga chips, salad of beets, pease and lettuce (a left-over) with thin bread and butter, melons, tea punch (*).

DINNER

Cream of lettuce soup, Spanish mackerel, mashed potatoes, green pease, chilled diced pineapple, cake, black coffee.

SATURDAY

BREAKFAST

Oranges, rice boiled in milk with cream, bacon and fried farina (a left-over), shortcake, toast, tea, coffee.

LUNCHEON

Omelet, anchovy toast, potato croquettes (a left-over), fish salad (a left-over), fried bread with lemon sauce, tea.

DINNER

Okra soup, corned beef with egg sauce, young turnips, succotash, cup custards, cake, black coffee.

Fish Salad

Cut the fish into neat pieces, removing the bones and bits of skin and arrange it on lettuce leaves. If you can divide it into pieces three or four inches square, so much the better; if not, cut it into dice. Have it very cold and serve with it either a French or a mayonnaise dressing.

THIRD WEEK

SUNDAY

BREAKFAST

Cantaloupes, cracked wheat and cream, fried scallops, popovers, toast, tea, coffee.

LUNCHEON

Cold corned beef sliced thin, potato salad, peanut butter sandwiches, crackers and cheese, ice-cold fruit, ginger ale punch with mint (*).

DINNER

Mulligatawney soup, roast lamb with mint sauce, lima beans, green corn, peach ice cream, black coffee.

MONDAY

BREAKFAST

Peaches, dried rusk and cream, bacon, boiled eggs, toast, rolls, tea, coffee.

LUNCHEON

Pickled lambs' tongues, stuffed potatoes, lettuce and lima bean salad (a left-over), cream cheese and crackers, hot and cold tea.

DINNER

Yesterday's soup, cold lamb warmed up with venison sauce (a left-over), onions, vegetable marrow, water-melon, black coffee.

Lamb With Venison Sauce

Melt two tablespoonfuls of currant or grape jelly in a frying pan with a tablespoonful of butter, sprinkle salt and pepper at discretion on rather thick slices of cold lamb, lay these in the sauce, turn them

over in it until they are well coated and hot through; add two tablespoonfuls of sherry, boil up once and serve.

TUESDAY

BREAKFAST

Melons, force and cream, creamed salt codfish, quick biscuit, toast, tea, coffee.

LUNCHEON

Corned beef hash (a left-over), German fried potatoes (left from breakfast), raw tomatoes with whipped cream (*), fruit, ginger ale.

DINNER

Cream of onion soup (a left-over), broiled beef-steak, fried eggplant, boiled rice, blackberry pudding, black coffee.

WEDNESDAY

BREAKFAST

Oranges, shredded wheat and cream, bacon, fried green peppers, graham biscuit, toast, tea, coffee

LUNCHEON

Mince of beef (a left-over), green corn pancakes (a left-over), baked pears, cake, iced tea.

DINNER

Tomato cream soup, fricasseed chicken (done in fireless cooker), boiled rice, young turnips creamed, ice cream in cantaloupes, black coffee.

THURSDAY

BREAKFAST

Baked apples, hominy and cream, bacon, dropped eggs, rolls, toast, tea, coffee.

LUNCHEON

Anchovies on toast, French fried potatoes, toasted rolls, crackers, Swiss cheese, cookies, iced milk.

DINNER

Potato soup, scalloped chicken (a left-over), fried rice (a left-over), green pease, sliced peaches and cream, black coffee.

Fried Rice

While the rice is hot stir in a tablespoonful of white sauce for each cup of rice. This may be done the next day by heating the rice in a double boiler. Turn it into a dish with square sides; put a plate on it with a heavy weight and let it become perfectly cold. Cut into squares when it is stiff, roll these in egg and cracker crumbs and fry in deep fat.

FRIDAY

BREAKFAST

Melons, dried rusk and cream, baked eggs in chicken gravy from fricassee, muffins, toast, tea, coffee.

LUNCHEON

Tomatoes stuffed with shrimps and served with mayonnaise (*), strips of buttered toast, green pea pancakes (a left-over), crackers and cheese, cake, iced coffee.

DINNER

Vegetable soup without meat (*), baked bluefish, mashed potatoes, tomatoes scalloped in nappies, frozen custard, black coffee.

Baked Eggs With Chicken Gravy

Butter a shallow baking dish, break eggs into it, being careful not to mix the whites and yolks but to put the eggs in side by side. Sprinkle them with pepper and salt, pour in gently enough chicken gravy to cover them, set the dish in the oven and bake until the eggs are set. If you wish you may cook them in individual nappies.

SATURDAY

BREAKFAST

Peaches, wheatlet and cream, bacon, biscuits and honey, toast, tea, coffee.

LUNCHEON

Creamed fish (a left-over), potato croquettes (a left-over), cucumber salad, crackers and cheese, gingerbread, tea.

DINNER

Tomato soup, stuffed and baked breast of veal, lima beans, spinach, pears and cream, cake, black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Melons, cornflakes and cream, clam fritters, whole wheat muffins, toast, tea, coffee.

LUNCHEON

Sliced cold veal (a left-over), tomato salad with mayonnaise, toasted muffins from breakfast, cup custards and cake, ginger ale.

DINNER

Corn chowder, roast ducks, green pease, mashed potatoes, peach ice cream, sponge cake, black coffee.

MONDAY

BREAKFAST

Pears, wheatlet and cream, bacon, French rolls, toast, tea, coffee.

LUNCHEON

Mince of veal (a left-over), garnished with fried bread, yesterday's pease made into a salad with let-

lute, heated crackers, cream cheese, marmalade, iced tea.

DINNER

Lima bean soup, yesterday's ducks steamed, string beans, stuffed tomatoes (*), fruit dessert, black coffee.

TUESDAY

BREAKFAST

Melons, maple flakes and cream, bacon, boiled eggs, brown bread, toast, tea, coffee.

LUNCHEON

Stuffed green peppers (using minced remains of duck for filling), potatoes boiled whole with parsley and butter, crackers and cheese, cookies, jam, tea.

DINNER

Tomato soup, larded lamb's liver, green corn, fried eggplant, watermelon, black coffee.

WEDNESDAY

BREAKFAST

Melons, cracked wheat and cream, fried fish, potato biscuit, toast, tea, coffee.

LUNCHEON

Fricasseed eggs, stewed potatoes, tomato toast, bread and butter, blancmange, cake, iced tea.

DINNER

Barley soup, Brunswick stew, green corn fritters (a left-over), browned potatoes, peach pie, black coffee.

THURSDAY

BREAKFAST

Melons, triscuit and cream, bacon and fried peppers, popovers, toast, tea, coffee.

LUNCHEON

Yesterday's stew, stuffed potatoes, cucumber and tomato salad with French dressing, peaches and pears, iced tea.

DINNER

Vegetable soup, boiled mutton, lima beans, green corn, berry roly-poly with brandy sauce, iced coffee.

FRIDAY

BREAKFAST

Melons, farina and cream, creamed codfish on toast, shortcake, toast, tea, coffee.

LUNCHEON

Curried eggs, baked potatoes, Spanish salad, fruit, crackers, cheese, tea.

DINNER

Corn chowder, baked halibut, stuffed cucumbers, squash, fruit dessert, black coffee.

SATURDAY

BREAKFAST

Peaches, force and cream, bacon and fried farina (a left-over), rolls, toast, tea, coffee.

LUNCHEON

Cold mutton (a left-over), French fried potatoes, popovers with maple cream, iced tea.

DINNER

Scotch broth based upon liquor in which mutton was boiled, cannelon of mutton with tomato sauce (see Cannelon of Beef), green corn pudding, lima beans, peach tart, black coffee.

SEPTEMBER — FIRST WEEK

SUNDAY

BREAKFAST

Melons, puffed wheat and cream, halibut steaks, popovers, toast, tea, coffee.

LUNCHEON

Cold tongue, Saratoga chips, raw tomatoes filled with cold, boiled green pease, cassava crackers, Roquefort cheese, cake, ginger ale.

DINNER

Cream of lettuce soup, roast shoulder of veal, string beans, baked eggplant (*), peaches, pears and grapes, black coffee.

MONDAY

BREAKFAST

Baked harvest apples, oatmeal and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Halibut timbales (a left-over), baked macaroni, brown bread, cake and jam, tea.

DINNER

Julienne soup, curried veal (a left-over), boiled rice, ice-cold bananas, green corn, blackberries and cream, black coffee.

Halibut Timbales

Flake the left-over fish fine and put with it a half cupful of white sauce to two cups of the flaked fish, and one beaten egg. Season to taste, make all hot in a double boiler and then fill timbale molds with the mixture, first buttering the molds well; pack the mixture in tightly. Set the molds in a pan of hot water and bake them covered for half an hour. Uncover them, cook for five minutes more and turn the timbales out on a hot flat dish. Pour a sauce,—white sauce, plain or enriched with the addition of a little grated cheese, tomato sauce or anchovy sauce — over them.

TUESDAY

BREAKFAST

Melons, cracked wheat and cream, omelet with a little chopped tongue (a left-over), graham muffins, toast, tea, coffee.

LUNCHEON

Kippered herring, baked tomatoes stuffed with green corn (a left-over), baked potatoes, fruit, iced tea.

DINNER

Yesterday's soup, Irish stew with dumplings, succotash, squash, peach shortcake, black coffee.

Baked Tomatoes Stuffed With Green Corn

Cut the top off tomatoes of uniform size, scoop out the contents, taking care not to break the skin of the tomatoes. Chop the left-over corn fine, season it to taste with salt and pepper and fill the tomatoes with it, putting a half teaspoonful of butter on the top of each tomato. Do not replace the top of the tomato itself. Cover the pan, bake the contents twenty minutes in a steady oven, uncover and bake ten minutes longer. If you wish you can pour a little stock around the tomatoes but this is not necessary.

WEDNESDAY

BREAKFAST

Melons, maple flakes and cream, bacon and fried green peppers, toast, tea, coffee.

LUNCHEON

Yesterday's stew, scalloped potatoes, salad of succotash on lettuce leaves, baked pears and cream, cookies, tea.

DINNER

Corn soup, cannelloni of Hamburg steak with fried bananas (*), vegetable marrow, onions, fruit, black coffee.

THURSDAY

BREAKFAST

Peaches, oat flakes and cream, bacon, poached eggs, toast, tea, coffee.

LUNCHEON

Cannelon of veal, sliced and heated in gravy (a left-over), onion soufflé (a left-over), fried potatoes, huckleberries and cream, tea.

DINNER

Vegetable marrow soup (a left-over), sheep's head breaded and baked (*), green corn, baked tomatoes, blackberry shortcake, black coffee.

FRIDAY

BREAKFAST

Pears and grapes, cream of wheat and cream, clam fritters, rice muffins, toast, tea, coffee.

LUNCHEON

Breaded sardines (*), potato croquettes, cucumber salad, hot gingerbread, cheese, tea.

DINNER

Corn soup (a left-over), baked bluefish, mashed potatoes, lima beans, watermelon, black coffee.

Corn Soup

Grate the cold corn from the cob, heat three cups of milk in a double boiler, thicken it with a table-spoonful, each, of butter and flour, add salt and white pepper to taste, turn in the heated corn, boil up once and serve.

SATURDAY

BREAKFAST

Melons, force and cream, creamed fish (a left-over), quick biscuit, toast, tea, coffee.

LUNCHEON

Beauregard eggs, potato cakes (a left-over), lettuce and cucumber salad, iced grapes, tea.

DINNER

Potato soup, corned beef, turnips, succotash, peach pie, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Melons, grapenuts and cream, salmon steaks, Boston brown bread, toast, tea, coffee.

LUNCHEON

Sliced corn beef, with pickles and French mustard, fried bread, tomato salad, crackers and cheese, tea.

DINNER

String bean soup, smothered chickens, green pease, baked squash, homemade ice cream, black coffee.

MONDAY

BREAKFAST

Blackberries, shredded wheat and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Corned beef hash (a left-over), baked potatoes, broiled tomatoes, crackers and cheese, cake, tea.

DINNER

Potato soup, chicken croquettes (a left-over), lima beans, beets, peaches, pears and grapes, black coffee.

Chicken Croquettes

Chop your left-over chicken fine. Make white sauce by cooking together a tablespoonful, each, of butter and flour until they bubble, and adding a pint of milk. Stir this until you have a thick, smooth sauce, add your chicken and season it judiciously with celery and common salt, and white pepper. Set the mixture aside to become entirely cold. When it has reached this stage form it into small croquettes with the hands, roll these first in crumbs, then in the yolk of a raw egg mixed with a little cold water, then in crumbs again and put in a cold place for two hours. By this time they should have chilled and stiffened

so that they will keep their shape when you drop them into the boiling fat. Cook to a delicate brown, take out with a split spoon and drain on brown paper laid in a colander. Garnish with parsley.

TUESDAY

BREAKFAST

Melons, farina and cream, scalloped salmon (a left-over), graham bread, toast, tea, coffee.

LUNCHEON

Cheese fondu, bean and beet salad, with lettuce (a left-over), crackers and cheese, stewed cherries, cake, tea.

DINNER

Cream of beet soup, mutton chops, green pease, young turnips, blackberry pie, black coffee.

WEDNESDAY

BREAKFAST

Peaches, cornflakes and cream, bacon and fried farina (a left-over), muffins, toast, tea, coffee.

LUNCHEON

Anchovies on toast, baked potatoes, green corn fritters, cake, ginger ale.

DINNER

Cream of turnip soup (a left-over), braised fresh beef's tongue, green pease, creamed onions, watermelon, black coffee.

THURSDAY

BREAKFAST

Melons, wheatlet and cream, omelet, Sally Lunn, toast, tea, coffee.

LUNCHEON

Cold tongue (a left-over), green pea pancakes (a left-over), stuffed potatoes, peaches and pears, tea.

DINNER

Macaroni and tomato soup with grated cheese (made from the stock in which the tongue was boiled), veal cutlets, spinach, riced potatoes, peach ice cream, black coffee.

FRIDAY

BREAKFAST

Cut-up peaches, force and cream, fried panfish, potato cakes, toast, tea, coffee.

LUNCHEON

Fricassee eggs, toasted cream cheese sandwiches, potatoes hashed and browned, crackers, cookies, tea.

DINNER

Spinach soup (a left-over), boiled codfish with caper sauce, mashed potatoes, lima beans, iced bananas and cream, sponge cake, black coffee.

SATURDAY

BREAKFAST

Melons, triscuit and cream, bacon, poached eggs, toast, tea, coffee.

LUNCHEON

Fresh codfish balls (a left-over), cucumbers, biscuit, blancmange, tea.

DINNER

“Scrap” soup, beefsteak, onions, succotash, peach shortcake, black coffee.

THIRD WEEK

SUNDAY

BREAKFAST

Melons, oatmeal and cream, Spanish mackerel, corn muffins, toast, tea, coffee.

LUNCHEON

Fish salad with sardines (a left-over), baked potatoes, olive sandwiches (*), crackers and cream cheese, peaches and cream, iced coffee.

DINNER

Swiss chard soup (*), boiled fowls with egg sauce, Spanish rice, boiled beets, fruit surprise, cake, black coffee.

Fish Salad With Sardines

Cut your cold fish into neat squares about three by four inches, or if the shape of the fish will not permit of this, flake it fine and heap it on lettuce leaves. These should be laid under the squares of fish if these are used. On each pile or square of fish lay a sardine. Make a mayonnaise dressing and into this shred a couple of sardines from which you have removed bones and skin. Pour over the salad in the plates upon which it is served.

MONDAY

BREAKFAST

Grapes, maple flakes and cream, bacon, fried tomatoes, toast, tea, coffee.

LUNCHEON

Shirred eggs with anchovy sauce (*), baked Welsh rabbit, chopped potatoes browned, junket, cookies, iced tea.

DINNER

Barley broth, scalloped chicken (a left-over), green corn, squash, huckleberries and cream, black coffee.

TUESDAY

BREAKFAST

Melons, cracked wheat and cream, bacon, boiled eggs, rolls, toast, tea, coffee.

LUNCHEON

Chicken mince (a left-over), garnished with hard-boiled eggs sliced, stewed potatoes, peanut butter sandwiches, huckleberry cake (*), tea.

DINNER

Chicken soup based upon broth in which Sunday's chicken was cooked, lamb chops, lima beans, riced potatoes, peach pie, black coffee.

WEDNESDAY

BREAKFAST

Pears, wheatlet and cream, roe herrings, potato biscuit, toast, tea, coffee.

LUNCHEON

Dried beef frizzled with cream, succotash (made from yesterday's beans), hot biscuit, bread and jam pudding, tea.

DINNER

Tomato soup, mock duck (rolled veal cutlet), fried eggplant, beets, ice cream and cake, black coffee.

THURSDAY

BREAKFAST

Oranges, puffed rice and cream, bacon, eggs, hominy muffins, toast, tea, coffee.

LUNCHEON

Mince of veal on toast (a left-over), stuffed potatoes, fried bread, beet and lettuce salad (a left-over), fruit, tea.

DINNER

Lima bean soup, calf's liver en casserole, spinach, succotash, peaches, pears and grapes, black coffee.

FRIDAY

BREAKFAST

Oranges, oatmeal and cream, sea trout, quick biscuit, toast, tea, coffee.

LUNCHEON

Curried eggs (*), broiled tomatoes, creamed potatoes, French pancakes, tea.

DINNER

"Long clam" chowder (*), breaded halibut steaks with lemon sauce, mashed potatoes, green corn, raised blackberry pudding, baked (*), black coffee.

SATURDAY

BREAKFAST

Melons, wheaten grits and cream, pickled fish (a left-over), popovers, toast, tea, coffee.

LUNCHEON

Cold liver sliced (a left-over), potato croquettes (a left-over), thin bread and butter, boiled rice with maple cream, tea.

DINNER

Vegetable soup, shoulder of lamb with mint sauce, green pease, vegetable marrow, plum tart and cream, black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Oranges, oatmeal and cream, deviled kidneys, Sally Lunn, toast, tea, coffee.

LUNCHEON

Cheese omelet timbales (*), Saratoga chips, shrimp salad, crackers and cheese, layer cake, tea.

DINNER

Brown gravy soup, roast chicken, eggplant, succotash, cocoanut soufflé (*), black coffee.

MONDAY

BREAKFAST

Oranges, force and cream, bacon, boiled eggs, rolls, toast, tea, coffee.

LUNCHEON

Cold lamb left over from Saturday night, baked cream toast, potatoes boiled in their jackets, cake, marmalade, cocon.

DINNER

Yesterday's soup, with croutons, chicken pudding (a left-over), Spanish rice, sweet potatoes, water-melon, black coffee.

TUESDAY

BREAKFAST

Baked apples, mush and cream, bacon and dropped eggs, toast, tea, coffee.

LUNCHEON

Minced lamb (a left-over), sweet potatoes fried (a left-over), rice croquettes (a left-over from the Spanish rice), stewed prunes and cookies, tea.

DINNER

Chicken and oyster bisque (founded on carcass and feet of chickens), mold of beef and macaroni (*), onions, stuffed tomatoes, baked peach pudding, black coffee.

Chicken and Oyster Bisque

To three cups of chicken stock, add a cupful of oyster liquor. Thicken with a tablespoonful of butter and one of flour rubbed together. Chop a dozen oysters fine, bring the soup to a boil, put in the

oysters and cook for three minutes. Have ready a half cup of fine crumbs, add these and a tablespoonful of butter, salt and pepper to taste, boil up once and serve. Pass crackers with it.

WEDNESDAY

BREAKFAST

Oranges, puffed wheat and cream, bacon and fried mush (a left-over), toast, tea, coffee.

LUNCHEON

Beef loaf (a left-over), baked potatoes, salad of lettuce and celery with French dressing, peach short-cake, tea.

DINNER

Browned potato soup, mutton chops en casserole with mushrooms (*), vegetable marrow, creamed carrots, Swiss fritters with lemon sauce, black coffee.

THURSDAY

BREAKFAST

Sliced pineapple, hominy and milk, bacon and fried green peppers, whole-wheat biscuit, toast, tea, coffee.

LUNCHEON

Creamed salt mackerel, stewed potatoes, biscuit from breakfast, toasted, jam, tea.

DINNER

Black bean soup, calf's liver and bacon, sweet potatoes, spinach, Bavarian cream and cake, black coffee.

FRIDAY

BREAKFAST

Oranges, force and cream, bacon and fried hominy, toast, tea, coffee.

LUNCHEON

Minced liver and bacon (a left-over), baked potatoes, broiled tomatoes, hot gingerbread, cheese, tea.

DINNER

Yesterday's soup, scalloped oysters, French fried potatoes, stuffed cucumbers, apple pudding, black coffee.

SATURDAY

BREAKFAST

Pease, triscuit and cream, bacon, boiled eggs, graham gems, toast, tea, coffee.

LUNCHEON

Pork fried with cream gravy, baked sweet potatoes, left-over graham gems, canned apricots and cream, tea.

DINNER

Spinach soup (a left-over), corned beef, mashed turnips, celery knobs, coffee junket, cake, black coffee.

OCTOBER — FIRST WEEK

SUNDAY

BREAKFAST

Melons, wheatlet and cream, kippered herrings with tomato sauce, corn-meal muffins, toast, tea, coffee.

LUNCHEON

Cold corned beef, sliced thin and garnished with meat aspic (*) (the corned beef left over from Saturday night), scalloped potatoes, toasted corn muffins (left over from breakfast), crackers and Swiss cheese, fruit dessert, iced tea.

DINNER

Corn soup, fricasseed chickens, boiled rice, fried eggplant, ice cream with crushed peach sauce (*), black coffee.

MONDAY

BREAKFAST

Baked apples, cornflakes and cream, Tom Thumb omelets (*), rolls, toast, tea, coffee.

LUNCHEON

Green peppers stuffed with chicken (a left-over), baked sweet potatoes, lettuce and tomato salad with French dressing, crackers and cheese, tea.

DINNER

Beef gravy soup, lamb's liver and bacon, green corn pudding, string beans, canteloupes, black coffee

Green Peppers Stuffed With Chicken

Cut off the tops of the peppers, remove the seeds and parboil the peppers for ten minutes; drain and dry them. Mince the chicken you have cut from the bones, moisten it with the left-over gravy, use it as filling for the peppers. Stand these in a pan, the open ends uppermost, pour weak stock about them, set them in the oven and bake for twenty minutes. If you choose you can arrange them in the dish in which they are to be baked and then serve them in this; if not, take them carefully from the pan, array them on a hot platter, thicken the gravy left in the pan and pour it around them.

TUESDAY

BREAKFAST

Oranges, grapenuts and cream, bacon, boiled eggs, quick biscuit, toast, tea, coffee.

LUNCHEON

Mince of liver on toast (a left-over), biscuits from breakfast split and toasted, cress salad, crackers and cheese, farmer's rice pudding, tea.

DINNER

Yesterday's soup with vegetables added, corned beef hash made into croquettes and served with tomato sauce (a left-over), mashed turnips, lady cabbage (*), peaches and cream, cake, black coffee.

WEDNESDAY

BREAKFAST

Melons, oatmeal and cream, bacon, fried green peppers, popovers, toast, tea, coffee.

LUNCHEON

Baked eggs, fried sweet potatoes, cold slaw, crackers and cream cheese, jam, ginger ale and mint punch.

DINNER

Bean soup, veal stew with light dumplings (*), mashed potatoes, succotash, banana and pineapple ice cream (homemade) (*), black coffee.

THURSDAY

BREAKFAST

Fruit, hominy and cream, bacon, eggs, graham gems, toast, tea, coffee.

LUNCHEON

Dried beef with cream gravy, baked potatoes, savory rice (a left-over), warm ginger cookies, cheese, tea.

DINNER

Bean and tomato soup (a left-over), beef's heart, stuffed and braised (*), green corn, fried carrots, peach turnovers, black coffee.

Savory Rice

Heat the rice left over from yesterday in a double boiler, pour over it gravy from the veal stew, seasoning this well and thickening it a little, mix well, turn rice and gravy into a pudding dish and bake.

FRIDAY

BREAKFAST

Melons, maple flakes and cream, fishballs, waffles, toast, tea, coffee.

LUNCHEON

Large tomatoes stuffed with sardines (*), French fried potatoes, corn salad with celery and mayonnaise (partly a left-over), crackers and cheese, cake, tea.

DINNER

Cod chowder (*), beefsteak and onions, baked hominy pudding (a left-over), stuffed eggplant, cottage pudding, black coffee.

SATURDAY

BREAKFAST

Pears, wheaten grits and cream, salt mackerel creamed, johnnycake, toast, tea, coffee.

LUNCHEON

Stew of steak and onions (a left-over), browned potatoes, rice muffins, crackers, cream cheese, gooseberry jam, tea.

DINNER

Tomato cream soup, roast shoulder of mutton, green corn, string beans, sliced peaches and cream, cake, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Peaches and cream, clam fritters, corn-meal muffins, toast, tea, coffee.

LUNCHEON

Sliced cold mutton (a left-over), with currant jelly, steamed brown bread, salad of tomatoes stuffed with string beans and corn (left-over from last night), junket, cake, tea.

DINNER

Vegetable soup, pot-roast of beef, creamed carrots, candied sweet potatoes, heart of watermelon, cake, black coffee.

MONDAY

BREAKFAST

Bartlett pears, mush and milk, bacon, boiled eggs, graham bread, toast, tea, coffee.

LUNCHEON

Sliced mutton warmed in venison sauce (a left-over), baked potatoes, sliced tomatoes with French dressing, crackers and cheese, baked apples and cream, tea.

DINNER

Yesterday's soup, pot roast warmed over with gravy containing seedless raisins and pine nuts, mashed potatoes, oyster plant, poor man's pudding, black coffee.

TUESDAY

BREAKFAST

Grapes, puffed wheat and cream, roe herrings, potato cake, toast, tea, coffee.

LUNCHEON

Hashed beef (a left-over), fried mush (a left-over), lettuce and cream cheese salad, gingerbread, apple sauce, tea.

DINNER

Celery soup, veal stew with vegetables, squash, beets, peach pie, black coffee.

WEDNESDAY

BREAKFAST

Baked apples and cream, force, bacon, fried green peppers, toast, tea, coffee.

LUNCHEON

Yesterday's stew seasoned with curry, boiled rice, beet and lettuce salad (a left-over), crackers, cheese and jam, tea.

DINNER

Cream of tomato soup, beefsteak with mushrooms, creamed onions, browned whole potatoes, apple snow, cookies, black coffee.

THURSDAY

BREAKFAST

Grapes, cracked wheat and cream, bacon, boiled eggs, rice muffins, toast, tea, coffee.

LUNCHEON

Hash of remains of beefsteak and mushrooms garnished with browned potatoes left from yesterday's dinner sliced and sauté, graham biscuit, bread-and-jam pudding, tea.

DINNER

Onion and tomato soup (a left-over), breaded lamb chops, green pease, mashed turnips, custard with meringue, cake, black coffee.

FRIDAY

BREAKFAST

Melons, corn-meal mush and milk, clam fritters, muffins, toast, tea, coffee.

LUNCHEON

Salt mackerel with tomato sauce, stewed potatoes, toasted muffins from breakfast, tomato salad with balls of cream cheese and peppers (*), crackers, cookies, tea.

DINNER

Oyster bisque, cod steaks, mashed potatoes, pea soufflé (a left-over), homemade ice cream, black coffee.

SATURDAY

BREAKFAST

Peaches, shredded wheat and cream, bacon, dropped eggs, waffles, toast, tea, coffee.

LUNCHEON

Fricassee eggs, stuffed potatoes, lettuce salad, crackers and cheese, hasty pudding and hard sauce, tea.

DINNER

Beef and macaroni soup with grated cheese, scallop of fish (a left-over), potato croquettes (a left-over), salsify fritters, apple dumplings with liquid sauce, black coffee.

THIRD WEEK*SUNDAY*

BREAKFAST

Grapes, oatmeal jelly and cream, deviled kidneys, potato cakes, toast, tea, coffee.

LUNCHEON

Barbecued ham, Parisian potato balls, sauté (*), Boston brown bread with raisins, steamed, hot crackers and Swiss cheese, canned Hawaiian pineapple, tea.

DINNER

Julienne soup, mock duck, spinach, green peppers stuffed with rice, meringued peach pie, black coffee.

MONDAY

BREAKFAST

Bartlett pears, puffed rice and cream, Spanish omelet, rolls, toast, tea, coffee.

LUNCHEON

Minced veal on toast (a left-over), broiled sweet potatoes, toasted crackers and cheese, bread and raisin pudding, tea.

DINNER

Yesterday's soup, lamb's liver en casserole, spinach soufflé (a left-over), mashed potatoes, creamed onions, fruit dessert, black coffee.

TUESDAY

BREAKFAST

Baked apples and cream, dried rusk, hard-boiled eggs, sliced and fried in batter, brown bread, toast, tea, coffee.

LUNCHEON

Imitation pâté de foie gras (made of yesterday's liver), potato croquettes (a left-over), lettuce salad, crackers, cheese, stewed pears, tea.

DINNER

Creamed onion soup (a left-over), Hamburg steaks baked in a loaf with tomato sauce, scalloped sweet potatoes, vegetable marrow, cream puffs (homemade) (*), black coffee.

Imitation Pâté de Foie Gras

Chop your left-over liver so fine that you can work it to a smooth paste with melted butter and any left-over gravy. Season it rather highly, pack it into a mold with a closely fitting top, set this in cold water and boil for an hour. Set it aside to become cold and turn it out on a dish or cut into slices.

WEDNESDAY

BREAKFAST

Grapes, farina and cream, roe herring, corn bread, toast, tea, coffee.

LUNCHEON

Savory omelet (*), toasted corn bread (a left-over), baked potatoes, loppered milk, cookies, tea.

DINNER

Bean soup, veal cutlets, soufflé of vegetable marrow (a left-over), beets, suet dumplings with hard sauce, black coffee.

THURSDAY

BREAKFAST

Bananas, cornflakes and cream, bacon and fried farina (a left-over), muffins, toast, tea, coffee.

LUNCHEON

Hamburg steaks warmed up with tomato sauce (a left-over), boiled potatoes with butter and parsley, beet salad, crackers, cheese, cornstarch blancmange, tea.

DINNER

Bean and tomato soup (a left-over), mutton chops, breaded and baked, string beans, green corn pudding, apple batter pudding (*), black coffee.

FRIDAY

BREAKFAST

Baked apples, Indian meal mush and cream, fried panfish, whole-wheat gems, toast, tea, coffee.

LUNCHEON

Beauregard eggs, fried mush (a left-over), string bean and lettuce salad (a left-over), oatmeal crackers (toasted), cheese, stewed pears, cookies, tea.

DINNER

Tomato bisque (*), baked bluefish, scalloped potatoes, fried eggplant, custard pudding, black coffee.

SATURDAY

BREAKFAST

Melons, triscuit and cream, bacon, fried green tomatoes, quick biscuit, toast, tea, coffee.

LUNCHEON

Creamed bluefish (a left-over), tomato salad, baked cream toast, apple compôte (baked apples filled with chopped nuts), sweet wafers, tea.

DINNER

Yesterday's soup, beef heart baked and stuffed, baked potatoes, cauliflower, Swiss toast with hard lemon sauce, black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Sliced pineapple, grapenuts and cream, fishballs, graham muffins, toast, tea, coffee.

LUNCHEON

Broth in cups, Philadelphia scrapple, tomato aspic on lettuce, toasted graham muffins left from breakfast, peach turnovers, tea.

DINNER

Black bean soup, stuffed breast of veal, spinach, scalloped tomatoes, apple-and-raisin pie, black coffee.

MONDAY

BREAKFAST

Oranges, shredded wheat and cream, fried salt pork with cream gravy, toast, tea, coffee.

LUNCHEON

Cheese soufflé (*), baked sweet potatoes, hot crackers and cheese, cake, cocoa.

DINNER

Bean and tomato soup (a left-over), scalloped veal (a left-over), soufflé of spinach (a left-over), mashed potatoes, eggless rice pudding, black coffee.

TUESDAY

BREAKFAST

Grapes, maple flakes and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Breaded and baked sardines (*), baked Welsh rabbit, stewed potatoes, peanut butter sandwiches, junket, cookies, tea.

DINNER

Clear soup with poached eggs, Irish stew, whole, browned potatoes, squash, tapioca pudding, black coffee.

WEDNESDAY

BREAKFAST

Oranges, rice boiled in milk, with cream, fish cakes, graham gems, toast, tea, coffee.

LUNCHEON

Yesterday's stew, fried sweet potatoes, graham gems steamed, waffles and maple syrup, tea

DINNER

Vermicelli soup, beefsteak braised with vegetables (*), onions, kohlrabi, cracker and date pudding (*), black coffee.

THURSDAY

BREAKFAST

Melons, oatmeal and cream, liver and bacon, rice cakes (a left-over), toast, tea, coffee.

LUNCHEON

Steak and macaroni stew (a left-over), onion soufflé (a left-over), baked cream toast, a fruit dessert, tea.

DINNER

Split pea soup, stewed chicken, Spanish rice, creamed potatoes, squash pie, black coffee.

FRIDAY

BREAKFAST

Oranges, Pettijohn's breakfast food and cream, fried perch, muffins, toast, tea, coffee.

LUNCHEON

Baked omelet, potato cakes (a left-over), fried carrots, hasty pudding, hard sauce, tea.

DINNER

Cream of celery soup, scalloped oysters, Swiss chard, stuffed peppers, apple tart, black coffee.

SATURDAY

BREAKFAST

Baked apples and cream, wheaten grits, bacon, boiled eggs, popovers, tea, coffee.

LUNCHEON

Chicken pie (a left-over), scalloped potatoes, crackers and cheese, canned peaches, lady fingers, tea.

DINNER

Beef and macaroni soup with grated cheese, roast mutton, green pease, creamed turnips, chestnut pudding and whipped cream (*), black coffee.

NOVEMBER — FIRST WEEK

SUNDAY

BREAKFAST

Malaga grapes, mush and cream, pickled codfish creamed, popovers, toast, tea, coffee.

LUNCHEON

Jellied tongue, English muffins toasted and buttered, tomato and shrimp salad, sago custard and cake, tea.

DINNER

Mock turtle soup, calf's head à la vinaigrette (*), succotash, sweet potatoes browned, Irish potato pudding (*), black coffee.

MONDAY

BREAKFAST

Oranges, rice boiled in milk, eaten with cream, bacon, eggs, French rolls heated, toast, tea, coffee.

LUNCHEON

Sliced calf's tongue, fried in batter (a left-over), baked potatoes, tomato and lettuce salad (a left-over), crackers, cheese, cream puffs, tea.

DINNER

Yesterday's soup, breaded calf's head (a left-over), rice croquettes, scalloped sweet potatoes (a left-over), fruit dessert, black coffee.

Sliced Calf's Tongue Fried in Batter

Slice the boiled tongue of the calf, lay the slices in a marinade of a tablespoonful of oil, two tablespoonfuls of vinegar and a little salt and pepper and leave them in this for an hour. Dip the slices into a good frying batter and drop them in hot fat. Cook to a light brown, drain and serve on a hot dish.

Tomato and Lettuce Salad

When making the tomato shells for the shrimp salad of the day before, the part taken from the tomatoes should have been put away on the ice. Arrange these remnants neatly on lettuce and serve with a French dressing.

Breaded Calf's Head

Cut the pieces of calf's head not served on Sunday with a vinaigrette sauce, sprinkle them with salt and pepper, dip them first in raw egg, then in fine crumbs and fry them in shallow butter or dripping. Garnish with parsley after they are laid in order on a hot platter.

TUESDAY

BREAKFAST

Grapes, oatmeal and cream, bacon and fried mush (a left-over from Sunday), toast, tea, coffee.

LUNCHEON

Calf's brains breaded and fried (a left-over), baked Welsh rarebit, bread and jam pudding, tea.

DINNER

Cream of tomato soup, braised rolled beefsteak (*), stewed onions, stuffed sweet potatoes, Indian meal pudding (*), black coffee.

Calf's Brains Breaded and Fried

When the brains came with the calf's head they should have been thrown into boiling water, parboiled and then laid in cold water and blanched. Cut them then into small pieces, dip them in raw egg and in bread crumbs and fry in shallow fat. Garnish with sliced lemon and parsley.

WEDNESDAY

BREAKFAST

Baked apples and cream, shredded wheat biscuit, deviled kidneys, brown bread, toast, tea, coffee.

LUNCHEON

Clam fritters, baked potatoes, grape fruit salad, crackers, cheese, marguerites (*), tea.

DINNER

Clam broth made from the liquor drained from clams used for fritters, beefsteak pudding (a left-over), soufflé of onions (a left-over), mashed potatoes, prune pudding with whipped cream (*), black coffee.

Beefsteak Pudding

Cut the remains of the steak into neat cubes, put over them just enough cold water to cover them, add an onion and let the meat simmer until it is very tender. Cut two veal kidneys into dice and parboil them. Drain the liquor from the meat, thicken and season it well, putting with it a tablespoonful of butter rolled in browned flour, kitchen bouquet, salt and pepper. Arrange the hot beef and kidneys in a pudding dish, turn the gravy upon them and pour over all a thin batter made like a biscuit dough, to which an egg has been added. Make it soft enough to pour easily; bake to a good brown and serve in the dish in which it was cooked.

THURSDAY

BREAKFAST

Grapes, puffed rice and cream, broiled roe herrings, johnnycake, toast, tea, coffee.

LUNCHEON

Yesterday's pie warmed over, stewed potatoes, johnnycake toasted (a left-over), warm gingerbread, American cheese, iced milk.

DINNER

Okra and tomato soup, breaded mutton chops arranged about a mound of mashed potatoes, beets, oyster plant, pumpkin pie.

FRIDAY

BREAKFAST

Oranges, oatmeal jelly and cream, fried butterfish, graham biscuit, toast, tea, coffee.

LUNCHEON

Scalloped oysters, sardine sandwiches, beet and lettuce salad (a left-over), Swiss toast, tea.

DINNER

Cream of potato soup, boiled cod with oyster sauce, broiled tomatoes, potato puff (a left-over), jelly pancakes, black coffee.

SATURDAY

BREAKFAST

Oranges, cracked wheat and cream, bacon, fried peppers, muffins, toast, tea, coffee.

LUNCHEON

Chipped beef creamed, fried potatoes, tomato and celery salad, crackers, Swiss cheese, tea.

DINNER

Green pea soup, creamed codfish browned (a left-over), boiled and glazed potatoes, spinach, cottage pudding, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Grapefruit, hominy and cream, deviled kidneys, Southern batter bread, toast, tea, coffee.

LUNCHEON

Beef loaf, Boston brown bread heated, baked beans, macedoine salad (*), crackers and cheese, chocolate custards, sponge cake, tea.

DINNER

Vegetable soup, roast ducks, apple sauce, green pease, boiled rice, orange and cocoanut ambrosia (*), cake, black coffee.

MONDAY

BREAKFAST

Oranges, grapenuts and cream, bacon and fried hominy (a left-over), toast, tea, coffee.

LUNCHEON

Beef loaf (a left-over), sliced and garnished with Saratoga chips, thin bread and butter, lettuce and cream cheese salad, toasted crackers spread with peanut butter, gingerbread, American cheese, cocoa.

DINNER

Yesterday's soup, steamed ducks (a left-over), soufflé of green peas (a left-over), mashed potatoes, apple pie and cheese, black coffee.

Steamed Ducks

Put yesterday's ducks into a colander over hot water, if you have not a regular steamer, cover them closely, keep the water under them boiling steadily until the birds are heated through. This will probably require not less than an hour. Take them from the colander, lay them in a dripping pan, boil the remains of the gravy about them and leave them in the oven for fifteen minutes, until the surface of the ducks has crisped. Transfer to a hot dish.

TUESDAY

BREAKFAST

Oranges, cornflakes and cream, eggs au gratin (*), French rolls, steamed, toast, tea, coffee

LUNCHEON

Salmi of duck (a left-over), baked sweet potatoes, cream toast, rusk and marmalade, tea.

DINNER

Cream of potato soup (from yesterday's mashed potatoes), veal cutlets, cauliflower, eggplant, tapioca pudding, black coffee.

Salmi of Duck

Slice or cut into neat pieces the remains of the cold duck, heat the gravy, or if you have not enough of this, make some from the broken bones, putting them over the fire with onion, bayleaf and enough cold water to cover them and stewing until the liquid is reduced to half the original quantity. Season with kitchen bouquet, add a tablespoonful of currant or grape jelly, lay the meat in this and let it become hot through.

WEDNESDAY

BREAKFAST

Oranges, cracked wheat and cream, salt mackerel with cream sauce, quick biscuits, toast, tea, coffee.

LUNCHEON

Mince of veal on toast (a left-over), chopped and browned sweet potatoes (a left-over), graham bread, tomato salad, crackers and cheese, peach turnovers, tea.

DINNER

Cauliflower soup (a left-over), lamb's liver en casserole, spinach, string beans, floating island, black coffee.

THURSDAY

BREAKFAST

Oranges, puffed rice and cream, sweet peppers stuffed, flaked mackerel (left-over), corn bread, toast, tea, coffee.

LUNCHEON

Mince of liver on fried bread (a left-over), baked potatoes, lettuce salad, hot crackers, cheese, cake, cocoa.

DINNER

Tomato soup without meat, beefsteak and onions, mashed potatoes, parsnip fritters, Swiss toast (*), black coffee.

FRIDAY

BREAKFAST

Oranges, oatmeal porridge and cream, fishballs, toast, tea, coffee.

LUNCHEON

Omelet with tomato sauce (left-over from last night's soup), anchovy toast, fried potatoes, hasty cornstarch pudding, tea.

DINNER

Oyster bisque, baked bluefish, green pease, potato puff (a left-over), suet dumplings and hard sauce, black coffee.

SATURDAY

BREAKFAST

Oranges, shredded wheat biscuit and cream, broiled bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Scalloped fish (a left-over), potato croquettes (a left-over), tea biscuit, cake, jam, tea.

DINNER

Cream of corn soup, curried lamb chops, boiled rice, ice-cold bananas eaten with the curry, green pea fritters (a left-over), squash pie, black coffee.

Scalloped Fish

Flake the cold bluefish, removing bits of skin and bone, make a cupful of white sauce, mix with the fish, turn it into a buttered bakedish, season to taste with salt and pepper, strew crumbs and bits of butter over the top, bake covered fifteen minutes, uncover and brown. If you prefer you may cook this in individual nappies. Pass lemon with it.

Potato Croquettes

Soften the cold mashed potato with a little milk and melted butter, season to taste with salt and pepper. The potato should be as soft as it can be handled, and the mixture is improved by the addition of a beaten egg. Make the potato into croquettes with the hands, roll them in flour and set them aside for a couple of hours before frying them in deep fat.

THIRD WEEK

SUNDAY

BREAKFAST

Grape fruit, wheaten grits and cream, fried scallops, potato biscuit, tea, coffee.

LUNCHEON

Eggs with ham, done in the chafing dish (*), breakfast biscuits warmed over, peanut sandwiches, potato salad, crackers and cheese, cookies, tea.

DINNER

Veal and okra soup, stuffed shoulder of lamb, green peas (canned), ladies' cabbage, potato pie (*), black coffee.

MONDAY

BREAKFAST

Baked apples, dried rusk with cream, picked-up codfish, toast, tea, coffee.

LUNCHEON

Clam broth in cups, frizzled beef with cream gravy, baked sweet potatoes, bread pudding, tea.

DINNER

Yesterday's soup, cold lamb with mint sauce, pea fritters (a left-over), riced potatoes, Bavarian cream, black coffee.

TUESDAY

BREAKFAST

Oranges, maple flakes and cream, bacon, baked toast, whole-wheat bread, tea, coffee.

LUNCHEON

Sweet peppers stuffed with left-over minced lamb, potato cakes (a left-over), toasted whole-wheat bread, warm gingerbread, cheese, cocoa.

DINNER

Scotch broth, beef's heart, breaded and baked, stewed salsify, spinach, tapioca and apple pudding, black coffee.

WEDNESDAY

BREAKFAST

Grapes, triscuit and cream, butterfish, corn-meal muffins, toast, tea, coffee.

LUNCHEON

Cold beef's heart (a left-over), salsify warmed over from last night, tomato toast, remains of last night's pudding, with cream, tea.

DINNER

Yesterday's broth, Brunswick stew made with lamb, spinach soufflé (a left-over), string beans, white custards, cake, black coffee.

THURSDAY

BREAKFAST

Oranges, puffed wheat and cream, mince of beef's heart on toast, graham biscuit, toast, tea, coffee

LUNCHEON

Baked Welsh rabbit, French fried potatoes, string bean salad (a left-over), crackers and cheese, boiled hot chestnuts; tea.

DINNER

Russian soup, with poached eggs on top (*), boiled fowl, Spanish rice (*), fried celery, brown betty, black coffee.

FRIDAY

BREAKFAST

Sliced pineapple, mush and cream, clam fritters, Sally Lunn (*), toast, tea, coffee.

LUNCHEON

Spanish eggs, toasted Sally Lunn (a left-over), baked potatoes, crackers and cream cheese with marmalade, tea.

DINNER

Tomato bisque, codfish steaks, mashed potatoes, canned succotash, fruit, nuts, raisins, black coffee.

SATURDAY

BREAKFAST

Oranges, oatmeal and cream, bacon and fried mush, whole-wheat biscuit, toast, tea, coffee.

LUNCHEON

Cold fowl (a left-over), fried sweet potatoes, rice croquettes, toasted crackers, junket, tea.

DINNER

Chicken broth (based on liquor in which fowl was boiled), codfish pudding (a left-over), potato balls (a left-over), stewed tomatoes, cottage pudding, black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Grape fruit, oatmeal jelly and cream, broiled chicken, corn bread, toast, tea, coffee.

LUNCHEON

Baked beans with tomato sauce, cold ham sliced very thin, Boston brown bread heated, lettuce salad with French dressing, canned peaches, sponge cake, tea.

DINNER

Cream of celery soup, larded calf's liver baked whole with mushrooms, stewed Spanish chestnuts with

brown gravy (*), spinach, mashed potatoes, pumpkin pie, black coffee.

MONDAY

BREAKFAST

Oranges, wheatena and cream, bacon and apples, toast, tea, coffee.

LUNCHEON

Creamed chicken (a left-over), potato puff (a left-over), baked sweet potatoes, sliced bananas and cream, cake, tea.

DINNER

Spinach soup (a left-over), veal cutlets, breaded (*), scalloped tomatoes, string beans, baked custard, black coffee.

Creamed Chicken

Cut up any remnants of the broiled chicken left from Sunday's breakfast and if there are a few scraps of fowl left from that boiled on Thursday, they may also be utilized. If necessary, eke out the dish with a couple of eggs boiled hard and chopped coarsely. Make a sauce from the gravy or soup stock, or should these have been used, have a well-seasoned white sauce. heat the meat in this and serve on toast or fried bread.

TUESDAY

BREAKFAST

Baked apples and puffed rice with cream, scrambled eggs, bacon, toast, tea, coffee.

LUNCHEON

Cold larded liver sliced (a left-over), English muffins, split, toasted and buttered, lettuce and string bean salad with mayonnaise, crackers, cheese, ginger-snaps, tea.

DINNER

Clam bisque, veal scallop (a left-over), stuffed and baked tomatoes, cauliflower, baked apple dumplings with hard sauce, black coffee.

WEDNESDAY

BREAKFAST

Oranges, wheaten grits and cream, bacon and fried green peppers, quick biscuit, tea, coffee.

LUNCHEON

Cheese fondu, potato salad, graham bread and cream cheese sandwiches, queen's toast with hard sauce (*), chocolate with whipped cream.

DINNER

Cauliflower soup (a left-over), roast lamb, Swiss chard, browned sweet potatoes, farina pudding with chocolate sauce (*), black coffee.

THURSDAY

BREAKFAST

Grapes, hominy and cream, bacon, fried eggs, toast, tea, coffee.

LUNCHEON

Cold roast lamb (a left-over), macaroni and cheese, cress salad, hot gingerbread, tea.

DINNER (THANKSGIVING DAY)

Oyster cocktails (*), roast turkey stuffed with chestnuts, mashed potatoes, creamed onions, Brussels sprouts, cranberry sauce, celery, pumpkin pie, nuts, raisins, black coffee.

FRIDAY

BREAKFAST

Grape fruit, kornlet and cream, fried oysters, graham gems, toast, tea, coffee.

LUNCHEON

Salt mackerel, boiled and creamed, stewed potatoes, graham gems heated, bread and raisin pudding, tea.

DINNER

Cream of potato soup (a left-over), stuffed and baked fish, hominy pudding (a left-over), scalloped onions (a left-over), date pudding with whipped cream, black coffee.

SATURDAY

BREAKFAST

Oranges, oatmeal and cream, bacon, baked eggs, toast, tea, coffee.

LUNCHEON

Spanish omelet, baked potatoes, lettuce with cream cheese, bananas and cream, cake, cocoa.

DINNER

Fish' chowder (made of left-over fish), cold roast turkey, creamed turnips, boiled sweet potatoes, pumpkin pie, black coffee.

DECEMBER - FIRST WEEK

SUNDAY

BREAKFAST

Grape fruit, rice boiled in milk, with cream, fried smelts, Scotch scones (*), toast, tea, coffee.

LUNCHEON

Clam broth, cold fresh beef's tongue baked and glazed, scalloped sweet potatoes (a left-over), toasted scones from breakfast, romaine salad, crackers, cheese, apple tarts, black coffee.

DINNER

Vegetable soup, based upon liquor in which tongue was boiled, roast beef, canned green pease, stewed celery, tipsy parson, black coffee.

MONDAY

BREAKFAST

Oranges, wheatlet and cream, bacon, French rolls, toast, tea, coffee.

LUNCHEON

Creamed celery soup in cups, based upon yesterday's stewed celery, sliced beef's tongue warmed up

in tomato sauce, baked potatoes, gingerbread and cheese, tea.

DINNER

Tomato and pea soup (made from left-overs), cold roast beef, spinach, Italian spaghetti baked with cheese, fig pudding, black coffee.

TUESDAY

BREAKFAST

Grapes, cornflakes and cream, bacon and fried tomatoes, toast, tea, coffee.

LUNCHEON

Baked eggs with an underlayer of minced tongue, spaghetti warmed over, baked Welsh rabbit, cookies, jam, tea.

DINNER

Spinach soup (a left-over), liver and bacon, cauliflower, hominy pudding, canned peach shortcake, black coffee.

WEDNESDAY

BREAKFAST

Baked apples, shredded wheat and cream, fried scallops, graham biscuit, toast, tea, coffee.

LUNCHEON

Philadelphia scrapple, stewed potatoes, warmed-over biscuits, cold slaw with hot dressing (*), crackers and cheese, cream puffs, tea.

DINNER

Cauliflower soup (a left-over), rabbit en casserole (*), fried eggplant, creamed onions, orange jelly, sponge cake, black coffee.

THURSDAY

BREAKFAST

Oranges, grapes and cream, sausage and griddle cakes, maple syrup, toast, tea, coffee.

LUNCHEON

Mince of liver and bacon on toast (a left-over), stuffed potatoes, onion soufflé (a left-over), crackers and cream cheese, with gooseberry jam, cocoa.

DINNER

Mulligatawny soup, curry of rabbit (a left-over), buttered rice (*), stewed salsify, coffee junket, layer cake, black coffee.

FRIDAY

BREAKFAST

Oranges, oatmeal porridge and cream, omelet, bacon, toast, tea, coffee.

LUNCHEON

Sardines breaded and baked, potatoes boiled with parsley and butter sauce, hot biscuit, crackers and cheese, rice pudding, tea.

DINNER

Lobster bisque, baked halibut, mashed potatoes, canned green pease, pumpkin pie, black coffee.

SATURDAY

BREAKFAST

Hawaiian sliced pineapple, force and cream, bacon and eggs, toast, tea, coffee.

LUNCHEON

Creamed halibut (a left-over), potato puff (a left-over), quick muffins, canned peaches and cream, cookies, tea.

DINNER

Pea and potato soup (a left-over), beefsteak, French fried potatoes, canned lima beans, caramel custards, black coffee.

SECOND WEEK

SUNDAY

BREAKFAST

Grape fruit, arrowroot jelly and cream, fried chicken with cream gravy, popovers, toast, tea, coffee.

LUNCHEON

Deviled eggs with white sauce (*), lettuce salad, graham bread and anchovy paste sandwiches, hot biscuit, cake, cocoa.

DINNER

Potato soup, stuffed breast of veal, stewed tomatoes, fried carrots, pumpkin pie, black coffee

MONDAY

BREAKFAST

Oranges, oatmeal and cream, salt mackerel with cream sauce, stewed potatoes, toast, tea, coffee.

LUNCHEON

Stewed kidneys, tomato toast (a left-over), Saratoga chips, brown bread, blanchmange, cake, tea.

DINNER

Clear soup with noodles, veal scallop, canned string beans, mashed potatoes, boiled custards, cake, black coffee.

TUESDAY

BREAKFAST

Baked apples, cracked wheat and cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Panned oysters, hot scones, lettuce salad with French dressing, nuts and raisins, cocoa.

DINNER

Black bean soup, cannelloni of beef, scalloped sweet potatoes, creamed turnips, apple snow, cake, black coffee.

WEDNESDAY

BREAKFAST

Oranges, puffed rice and cream, baked eggs garnished with bacon, toast, tea, coffee.

LUNCHEON

Sausage, baked potatoes, waffles, maple syrup and honey, crackers, cheese, tea.

DINNER

Yesterday's soup, breaded and baked calves' hearts, baked macaroni, stewed salsify, sweet potato pudding, black coffee.

THURSDAY

BREAKFAST

Stewed pears, grapenuts and cream, bacon, rice muffins, toast, tea, coffee.

LUNCHEON

Cold calf's heart, anchovy toast, stuffed potatoes, warm gingerbread and cheese, cocoa.

DINNER

Canned green pea purée, mutton stew with dumplings, hominy croquettes, stuffed green peppers, canned peaches, sponge cake, black coffee.

FRIDAY

BREAKFAST

Bananas, mush and milk, smoked salmon broiled, chopped potatoes browned, toast, tea, coffee.

LUNCHEON

Spanish omelet, stewed potatoes, fruit salad with crackers and cheese, cookies, jam, tea.

DINNER

Clam chowder, liver and bacon, potatoes fried whole, creamed cabbage, rice pudding, black coffee.

SATURDAY

BREAKFAST

Bananas, maple flakes and cream, bacon and fried apples, corn-meal griddle cakes, toast, tea, coffee.

LUNCHEON

Mince of liver and bacon (a left-over), cabbage salad (a left-over), boiled potatoes in their jackets, Swiss fritters with hard sauce, tea.

DINNER

Cream of celery soup, fried calf's brains, baked squash, rice with cheese sauce, sliced oranges, jumbles, black coffee.

THIRD WEEK

SUNDAY

BREAKFAST

Grapes, hominy and cream, barbecued rabbit (*), southern batter bread (*), toast, tea, coffee.

LUNCHEON

Boiled and sliced calf's tongue, baked potatoes, shrimp salad, crackers, cheese, crullers, cocoa.

DINNER

Clear soup, roast turkey, cranberry sauce, sweet potato puff, boiled rice, apple pie, black coffee.

MONDAY

BREAKFAST

Baked apples, shredded wheat and cream, bacon, boiled eggs, French rolls, toast, tea, coffee.

LUNCHEON

Giblet patés (a left-over), baked rice (a left-over), toasted cheese on graham crackers, marmalade, ginger-snaps, cocoa.

DINNER

Yesterday's soup with croutons, steamed turkey (a left-over), mashed potatoes, cranberry sauce, creamed turnips, bread pudding, black coffee.

Giblet Patés

With this dish in mind set aside a little of your pastry when making apple pie for Sunday's dinner and from it fashion the paté shells. Stew your giblets until tender, take from the liquor in which they were boiled and cut them into small pieces, thicken and season the gravy, put the giblets back into it and let it get very hot. Heat your paté shells and fill them with the giblets just before they go to the table.

Baked Rice

Soften the cold-boiled rice with milk, add a beaten egg, salt to taste, turn into a buttered pudding dish and bake until lightly browned.

TUESDAY

BREAKFAST

Oranges, oatmeal and cream, fried pork with cream gravy, graham muffins, toast, tea, coffee.

LUNCHEON

Turkey scallop (a left-over), potato cakes (a left-over), tomato toast, canned raspberries and cookies, tea.

DINNER

"Turkey rack" soup (a left-over), Hamburg steak with brown gravy, hominy croquettes (a left-over), stewed salsify, French tapioca custard, black coffee.

WEDNESDAY

BREAKFAST

Oranges, Indian meal mush and cream, bacon, quick biscuit, toast, tea, coffee.

LUNCHEON

Head-cheese, sliced and fried, baked sweet potatoes, cream cheese salad, nuts and raisins, tea.

DINNER

Vegetable soup, boiled mutton, stewed turnips, creamed carrots, apple dumplings, black coffee.

THURSDAY

BREAKFAST

Oranges, wheatena and cream, bacon and fried mush (a left-over), toast, tea, coffee.

LUNCHEON

Scrambled eggs and tomatoes, corn muffins, lettuce salad, blanchmange, cake, tea.

DINNER

Scotch broth (based upon liquor in which mutton was boiled), sliced mutton warmed up in caper sauce and served with a border of green peas, scalloped potatoes, salsify fritters, baked custard, black coffee.

FRIDAY

BREAKFAST

Oranges, cracked oats and cream, picked-up cod-fish, fried potatoes, toast, tea, coffee.

LUNCHEON

Creamed scallops, griddle cakes, honey and maple syrup, crackers, cheese, tea.

DINNER

Cream of celery soup, oyster scallop, potatoes au gratin, lettuce salad with Swiss cheese and crackers, rice and raisin pudding, black coffee.

SATURDAY

BREAKFAST

Oranges, cornflakes and cream, bacon, corn bread, toast, tea, coffee.

LUNCHEON

Barbecued ham, stewed potatoes, baked bread and cheese, apple shortcake (*), cocoa.

DINNER

Scotch broth (a left-over), beef's heart, boiled rice, stewed tomatoes, banana fritters (*), black coffee.

FOURTH WEEK

SUNDAY

BREAKFAST

Grape fruit, oatmeal jelly and cream, deviled kidneys, popovers, toast, tea, coffee.

LUNCHEON

Baked pork and beans, fried scrapple, milk toast, crackers, cheese, cookies, jam, tea.

DINNER

Cream of carrot soup, fricasseed chickens, Spanish rice, Brussels sprouts, mince pie, black coffee.

MONDAY

BREAKFAST

Oranges, rice boiled in milk with cream, bacon, boiled eggs, toast, tea, coffee.

LUNCHEON

Yesterday's pork and beans warmed over, scalloped Brussels sprouts, sliced cold ham, crackers and cheese, doughnuts, jam, tea.

DINNER

Oyster bisque, creamed chicken (a left-over), scalloped rice (a left-over), sweet potatoes, plum pudding, black coffee.

TUESDAY

BREAKFAST

Stewed apples, maple flakes and cream, bacon, fried eggs, rolls, toast, tea, coffee.

LUNCHEON

Finnan haddie, potato fritters, scalloped sweet potatoes (a left-over), apple sauce and cream, cake, tea.

DINNER

Chicken soup (based on liquor in which the chicken was fricasseed, with the addition of a can of chicken soup, if needed), smothered lamb's liver, spinach, mashed turnips, chestnut pudding, black coffee.

WEDNESDAY

BREAKFAST

Oranges, cracked wheat and cream, sausage and griddle cakes, toast, tea, coffee.

LUNCHEON

Yesterday's soup in cups, cheese fondu, quick graham biscuit, turnip soufflé (a left-over), cookies, tea.

DINNER

Cream of spinach soup (a left-over), mutton chops en casserole, canned green pease, mashed potatoes, prune and nut jelly (*), cake, black coffee.

THURSDAY

BREAKFAST

Sliced pineapple, triscuit and cream, bacon, waffles, toast, tea, coffee.

LUNCHEON

Mince of liver with tomato sauce (a left-over), stuffed potatoes, egg and lettuce salad, crackers and cheese, macaroons, tea.

DINNER

Julienne soup, broiled pork chops with apple sauce, browned sweet potatoes, creamed onions, rice pudding, black coffee.

FRIDAY

BREAKFAST

Oranges, wheatlet and cream, fishballs, corn muffins, toast, tea, coffee.

LUNCHEON

Clam patés, hot potato salad, green pepper toast, cream cheese, jam, wafers, tea.

DINNER

Cream of carrot soup, baked and breaded halibut, French fried potatoes, hominy fritters, Indian meal pudding with raisins, baked and served with hot cream sweetened with grated maple sugar, black coffee.

SATURDAY

BREAKFAST

Grapes, oatmeal and cream, panfish, whole-wheat muffins (*), toast, tea, coffee

LUNCHEON

Creamed fish (a left-over), stewed potatoes, toasted whole-wheat muffins, baked apples stuffed with chopped nuts, tea

DINNER

Vegetable soup (partly a left-over), veal cutlets with tomato sauce, lima beans (canned), boiled rice with cheese sauce, homemade charlotte russe (*), black coffee.

MENUS FOR OCCASIONS

A CHRISTMAS DINNER

Clear or Mock Turtle Soup
Roast Turkey, garnished with Sausages
Scalloped Oysters
Boiled Rice, Sweet Potatoes, Southern Style, Spinach
Celery Olives Cranberry Jelly
Mince Pie American Cheese
Nuts Raisins
Black Coffee

A LENTEN LUNCHEON

Creole Corn Chowder
Eggs au Gratin
Thin Brown Bread and Butter
Salmon Croquettes
O'Brien Potatoes French Pease
Lettuce Salad, French Dressing
Cream Cheese, Crackers, Olives, Salted Nuts
White Custards, Syllabub or Fruit Surprise
Fancy Cakes
Black Coffee

A SUNDAY NIGHT SUPPER

Fruit Cocktails

Spanish eggs

Toast

Galantine

Saratoga Potatoes

Sally Lunn

Lettuce with Cream Cheese Balls

Saltines

Tapioca Cream

Macaroons

Jumbles

Fruit Cocktails

Peel, seed and cut up two oranges into small pieces, rejecting all the white inner skin, treat one grape fruit in the same way, add two bananas peeled and diced, two tablespoonfuls of chopped or shredded pineapple, sugar to taste, two tablespoonfuls of sherry, Maraschino cherries for garnishing. Prepare the fruit a couple of hours before it is needed, put all together except the Maraschino cherries and pack in ice and salt. You do not need to turn the freezer, but only to frappé the mixture. When it is time to serve turn it into small glasses, such as come for the purpose, chilling these first, lay a Maraschino cherry or two on the top of each portion and serve the glass upon a fancy doiley on a small or medium sized plate.

AN EVENING RECEPTION

Creamed Oysters	Rolled Bread and Butter	
Chicken Salad	Jellied Tongue	Sandwiches
Ice Cream		Small Cakes
	Coffee	
Salted Nuts		Bonbons

AN AFTERNOON TEA

Sandwiches	Scotch Scones,	Buttered	Anchovy Toast
	Orange Cake		
Macaroons	Jumbles	Fancy Cakes	
Bonbons	Marrons	Salted Nuts	
	Tea with Cream or with Lemon		
	Coffee or Chocolate		

Anchovy Toast

Trim the crust from bread cut about a third of an inch thick, toast it lightly, butter it and spread while hot with anchovy paste. Cut the slices thus treated into narrow strips, about two inches wide, and keep them hot until served.

The scones should be brought in a few at a time and kept hot in the kitchen until needed.

An afternoon tea is an elastic function and may be made more elaborate by the addition of bouillon or salads or oysters, or simplified by the subtraction of one or more of the solids or sweets and the service of only one beverage. Or a punch may be substituted for a hot drink.

A NOON BREAKFAST IN SUMMER

Cantaloupes, served very cold
 Broiled Chicken
 Potatoes au Gratin Popovers
 Fruit Salad
 Crackers Cream Cheese
 Coffee, served in large or in small cups

A LAWN PARTY

Jellied Chicken Olive Sandwiches Buttered Biscuit
 Tomato and Cucumber Salad with French Dressing
 Marguerites
 Ice Cream Cake
 Iced Coffee Tea Punch

Jellied Chicken

Put a medium sized fowl over the fire in two quarts of cold water and simmer gently until the meat slips from the bones of the chicken. When it begins to grow tender put in an onion, a bay leaf, a stalk of celery or a half teaspoonful of celery salt and a bunch of parsley. Leave the chicken in the stock until perfectly cold,—over night is none too long. Remove the chicken, skim and strain the stock and after you have cut the meat from the bones, put the latter back over the fire with the stock and boil down to a pint of liquor. Add such seasoning as is required, including salt and white pepper and a little onion juice, if this

is needed. Have a quarter cup of gelatine soaked and put with the chicken stock. When the gelatine is dissolved, take the stock from the fire and set aside to cool.

Grease a plain or melon-shaped mold and when the stock begins to jelly, put a little of it in the bottom of the mold. Arrange in this sliced hard-boiled egg, stoned olives and the chicken, cut into neat pieces and pour in more jelly. Repeat the layer of solids and then the jelly. If you wish you may use pistachio nuts or blanched almonds or walnuts with the meat. When the mold is filled set in a very cold place for several hours until the contents are firm enough to turn out without losing shape. Garnish with lettuce.

A WOMEN'S LUNCHEON

Oyster Cocktails			
Brown Bread and Butter			
Bouillon			
Creamed Crab-flakes			
Hot Rolls			
Broiled French Chops	Spinach Soufflé		
Parisian Potatoes, Sautés			
Apple and Nut Salad			
Salted Nuts	Camambert Cheese	Wafers	Olives
Pineapple Ice Cream			
Small Cakes			
Black Coffee			
Bonbons			

COLLATION FOR AN AFTERNOON WEDDING

Clam Broth or Bouillon in Cups

Mushroom Patés

Lobster or Salmon Salad with Mayonnaise

Buttered Finger Rolls

Sandwiches of various kinds

Olives Salted Nuts Marrons Glacés Bonbons

Punch Coffee Chocolate

If preferred, oyster patés may be substituted for the mushroom patés and chicken or turkey or duck salad or boned turkey for the lobster or salmon salad.

A CHAFING DISH SUPPER

Panned Oysters on Toast

Bread and Butter

Fried Bread and Cheese (cooked in chafing dish)

Tomato Aspic on Lettuce

Caramel Custard

Cake

Coffee

A FORMAL DINNER

Little Neck Clams
 Crackers Horseradish Tabasco
 Consommé
 Dinner Rolls
 Baked Bluefish or Weakfish, Bearnaise Sauce
 Scalloped or Parisian Potatoes
 Sliced Cucumbers
 Fresh Mushrooms Broiled, on Toast
 Crown of Lamb
 Rice Croquettes French String Beans
 Romaine Salad, French Dressing
 Roquefort Cheese Wafers Olives
 Salted Almonds and Pecans
 Ice Cream
 Small Cakes Bonbons
 Black Coffee

AN AFTER-THEATER SUPPER

Soup in Cups
 Grilled Sardines
 Toasted Crackers
 Egg Salad
 Toasted Cream Cheese Sandwiches
 Chocolate

There is a word to be said about this after-theater supper. It may be planned for in advance and then

all sorts of dainties are available. But if a party comes in late and hungry, they must make the best of what they find in the pantry. The can of soup that nearly every housekeeper has in store in case of need may be opened or the teaspoonful of beef extract may be stirred into hot water and your soup is ready. The electric toaster or the gas stove will prepare the crackers and the sandwiches and the eggs for the salad may be boiled in the bottom of the chafing dish. The sardines may be grilled in the blazer.

Many are the dishes of cheese and eggs which may figure at an after-theater supper if one will but give a little attention to quick savory cookery. The art is well worth acquiring.

RECIPES

SOUPS

FISH SOUPS

Oyster Bisque

Add to the liquor drained from a quart of oysters enough cold water to make a quart of fluid. Chop the oysters fine, add them to the liquid and cook gently for twenty minutes. Cook together in another vessel two tablespoonfuls of butter and two of flour, and when these bubble and blend pour upon them a quart of milk, stir until the mixture is smooth and thick, like cream. Mix this with the cooked oysters and liquid, add to them a half cup of cracker crumbs, which have been soaked in hot milk for ten minutes,—a cupful of milk will be sufficient,—and season to taste with salt and pepper. Beat the yolks of two eggs light, pour upon them a cupful of the hot soup, return this and the eggs to the rest of the soup, cook for two minutes and serve at once.

Lobster Bisque

Mince fine two cups of lobster meat, either fresh or canned by a good house, and simmer it for half an hour in a quart of boiling water. Add to this one cup of cracker crumbs, and when it again reaches a boil, season to taste with salt and cayenne pepper,

put in four tablespoonfuls of butter and simmer half an hour longer in a double boiler. Heat a quart of milk in another vessel and just as you are ready to serve the bisque add the milk to the lobster and turn at once into the tureen. Pass sliced lemon with this.

Fish Bisque

This may be made of halibut or any other firm white fish which is not plagued with too many bones. It is excellent of salmon, either fresh or canned.

To a quart of any good stock, fish, meat or vegetable, add two cups of the cooked fish, freed from bones and skin and flaked up with a fork. Let this cook for half an hour. Put in pepper and salt to taste, a tablespoonful of chopped parsley and butter the size of an egg. In another vessel heat a cup of milk, thicken it with a tablespoonful, each, of butter and flour, stir in a tablespoonful of cracker crumbs, boil up once, mix with the fish and serve.

Cod Chowder

Fry half a pound of chopped salt pork in a soup-kettle with one large onion, sliced. In this fat lay two pounds of fresh cod cut into inch-dice, four potatoes, peeled, parboiled and sliced, pour over them a quart of boiling water and cook half an hour. Heat two cupfuls of milk separately, break into it six Boston crackers which you have split and spread with two tablespoonfuls of butter, and when they are soft lay them over the bottom of a deep dish, season them with pepper and salt, season the chowder to taste with

salt and pepper and pour upon the soaked crackers and milk.

"Long Clam" Chowder

Chop fine a quarter of a pound of salt pork and fry it crisp in the bottom of a kettle; take it out and fry a small sliced onion in the fat. Put in six potatoes, sliced thin, the contents of a can of tomatoes, six whole allspice and six whole cloves, tied up in a bit of cheesecloth, a quart of cold water and a pinch of cayenne pepper. Cook for three hours. At the end of the time add a quart of "long clams" which have been chopped small, four pilot biscuit that have been soaked in milk, and cook half an hour longer; take out the bag with the spices, add salt if it is needed,—the pork usually salts the chowder sufficiently,—and serve very hot.

SOUPS WITHOUT MEAT

Corn Chowder

Peel and slice two onions and fry them brown in two tablespoonfuls of butter in a deep saucepan. Put in the kernels cut from a dozen ears of corn, or the contents of a can of corn, drained free of liquid, six parboiled peeled and sliced potatoes and four pilot biscuit broken in small pieces. Season with a tablespoonful of chopped parsley and pepper and salt to taste, pour over all a quart of boiling water and let them cook together gently for three-quarters of an hour. Cook together a tablespoonful, each, of

butter and flour in a small saucepan, pour upon them a cupful of milk, stir until thick and smooth, add to the corn and turn all at once into a tureen.

Cabbage Chowder

Make like the preceding, except that the cabbage should have been boiled in two waters, then chopped before being turned into the saucepan with the pilot biscuit, and the potatoes may be omitted, if desired. In their place put a cupful of stewed tomatoes.

Crocole Corn Chowder

Brown three sliced onions in a tablespoonful of butter, put with it four peeled tomatoes, four sweet green peppers, both tomatoes and peppers chopped, and the corn cut from ears of green corn. Put over them enough cold water to cover them, season to taste with salt and black pepper and a tablespoonful of sugar and simmer for an hour. Serve very hot.

Tomato Bisque

Cook a can of tomatoes over the fire until soft, with a sliced onion. If ripe tomatoes are plentiful use the equivalent of a can. Rub through a colander. Cook together two tablespoonfuls of butter and two of flour until they bubble and put with them a quart of milk. Stir until milk and thickening are well blended. Add to the strained tomato a heaping teaspoonful of white sugar and salt and pepper to taste, put with the milk and serve at once. If it stands it is likely to curdle.

Tomato Soup Without Meat

Fry a sliced onion to a light brown in three tablespoonfuls of good dripping, add a can of tomatoes or a dozen ripe tomatoes, peeled and sliced, and when they are smoking hot, a quart of boiling water. Stew for half an hour, put through the colander back into the pot, season with a teaspoonful of sugar, a tablespoonful of minced parsley, salt and pepper, bring to the boil and add a half cupful of boiled rice. Simmer ten minutes, thicken with a tablespoonful of butter rolled in one of flour, boil up and serve.

A good and economical soup.

Vegetable Soup Without Meat

Chop half a small cabbage, peel and chop a large potato, a turnip, an onion, a stalk of celery and a small bunch of parsley and put them into a pot with enough cold water to cover them. Let this get scalding hot, but just before it reaches the boil drain it off, throw it away and put the vegetables over the fire again with a quart of boiling water; stew gently until the vegetables are very soft. Rub all through a colander, both water and vegetables, into another pot, return to the fire, season with salt and pepper and stir in a half cup of bread crumbs. Heat two cups of milk, thicken them with two tablespoonfuls of butter rolled in as much flour and when all are well blended add to the vegetable purée. Boil up once and serve. If you wish, you may enrich this by the addition of an egg, but it is not necessary.

Pea Soup Without Meat

Put over the fire in two quarts of water a large cup of split pease which have been soaked over night. Simmer until the pease are soft. Rub through the colander, return to the fire and thicken with a tablespoonful of flour blended with two of butter. Season with salt, pepper and a half teaspoonful of onion juice. When smooth and thick pour into the tureen and add a couple of tablespoonfuls of fried bread at the last minute.

Brown Potato Soup

Pare and quarter a dozen good-sized potatoes and lay them in cold water for an hour. Fry them with one large onion, sliced, in three tablespoonfuls of good dripping until they are browned, but not scorched. When they reach the brown stage add to them two quarts of boiling water, cover the pot in which they are and simmer until the potatoes are broken in pieces and soft. Rub them through a colander back into the kettle and thicken with a tablespoonful of butter rolled in two of browned flour. Heat a cup of milk to boiling, pour it upon two beaten eggs, beat for a minute, turn into the soup and pour immediately into the tureen with a tablespoonful of parsley, minced fine and salt and pepper to taste.

Swiss Chard Soup

Boil two quarts of Swiss chard, which should have been well washed. When tender, drain, chop and rub

through a colander. Cook together a tablespoonful, each, of flour and butter, pour upon them one quart of milk and stir until smooth. Add to it the pulped chard, salt and pepper to taste and put a little whipped cream on each plate when the soup is served.

Cream of Spinach Soup

This may be made by the directions for Swiss Chard Soup.

SOUPS WITH MEAT BASIS

Soubise Soup

Mince young onions until you have five tablespoonfuls of these and simmer them for an hour in a quart of good white stock,— veal, mutton or chicken. Rub them through a fine colander and return to the fire. Thicken with two tablespoonfuls of butter rubbed smooth with two of flour, add to the soup a cupful of hot milk, beat in the whipped white of an egg, and a tablespoonful of chopped parsley and season to taste with salt and pepper.

Onion Soup

Parboil six small onions, put them over the fire with a cupful of fine bread crumbs in a quart of stock. Cook slowly for half an hour, rub through a colander, put back on the fire with a tablespoonful of butter and one of flour rubbed to a cream and stir until the soup is thick and smooth. Season with salt

and pepper, add a pint of hot milk, boil up once and serve with dice of fried bread in the tureen.

Gumbo Soup

Cut a fowl into joints and fry for five minutes in good dripping. Take out the chicken and put it in a soup kettle with half a pound of lean salt pork cut into dice. In the fat in which the chicken was cooked fry two sliced onions and add these to the meat. Pour over all two quarts of cold water and simmer for two hours after the water has come to a boil. Put in then a half can of tomatoes or a pint of fresh, peeled and sliced, twenty young okra pods and a chopped sweet pepper from which the seeds have been removed. Cook gently until the chicken is so tender that the meat slips from the bones, remove these, season the soup with salt and pepper and add a pint of canned corn or of fresh corn scraped from the cob. Thicken with a tablespoonful of butter rolled in one of flour, boil five minutes and serve.

Cream of Beet Soup

Boil six young beets for an hour in their skins. Lay in cold water until cool enough to handle, then scrape off the skins and chop the beets fine. Put them and their juice into a quart of mutton or veal stock and cook for fifteen minutes, rub through a colander and keep hot while you cook together two tablespoonfuls, each, of butter and flour in a small saucepan, pour upon them a pint of milk and stir

until thick and smooth. Add slowly to the beets and stock, season with salt and pepper and serve.

Mock Turtle Bean Soup

Soak three cupfuls of black beans over night, drain, pour two quarts of boiling water upon them, put them over the fire and boil until the beans are in pieces. Rub them and the water in which they were boiled through a soup strainer and return them to the fire with a quart of stock in which corned beef or a corned ham has been boiled. Cook for an hour longer, add pepper to taste,—the stock will need no salt,—and thicken with two tablespoonfuls of flour rubbed smooth with an equal quantity of browned flour. Cut two hard-boiled eggs into eighths and put in the tureen with thinly sliced lemon.

Mulligatawney Soup

Fry two sliced onions in butter and put them into a saucepan with two sour apples, pared, cored and quartered, a fowl, jointed as for fricassee, a pound of lean veal cut into pieces, four cloves, four whole peppers and six quarts of cold water. Cover closely, simmer until the fowl is tender, take it out, cut the meat from the bones and return these to the kettle with a tablespoonful of curry powder and a teaspoonful, each, of salt and sugar, all mixed to a paste with a little water. Simmer another hour; by this time the soup should have been reduced one-half. Set it aside over night or for several hours and remove the fat and bones. Bring it to a boil again, put

with it the meat of the fowl, cut into small pieces and a cupful of boiled rice. As may be seen, this is a very heavy soup and is almost a meal in itself.

Scotch Broth

One quart of good mutton broth in which a medium-sized onion has been boiled for fifteen minutes. Add to this half a cup of barley or rice which has been soaked in cold water for an hour, simmer three-quarters of an hour, put in a tablespoonful of minced parsley, boil ten minutes longer, thicken with two tablespoonfuls of butter rubbed in one of flour, season to taste and serve

Glasgow Broth

Cut up and parboil a carrot, a turnip, two onions, four stalks of celery, half a cupful of string beans, four or five leek tops and a bunch of parsley. Parboil also a half cup of green pease. Ten minutes' cooking will be enough. Drain them and put them over the fire in a quart of very strong mutton stock from which you have been careful to remove every particle of fat, and simmer gently for three hours. Cook together a heaping tablespoonful of butter and one of flour, pour a cupful of the soup upon them and stir until thick and smooth, then add to the rest of the soup, boil up and serve.

Mock Turtle Soup

Boil a calf's head in enough water to cover it until the meat cooks from the bones, and leave the head

in the liquor over night. Take it out then, slip out the bones and put them back over the fire with the stock, which should be a thick jelly, the calf's ears, chopped, a sliced onion, a bunch of soup-herbs, a grated carrot, a teaspoonful of allspice and pepper and salt to taste. Simmer for an hour. Strain, thicken with two tablespoonfuls of browned flour and two of butter, rubbed together, season with kitchen bouquet and put in the cheeks and the tongue cut into dice. At the last add the juice of a lemon and a gill of sherry. Forcemeat balls may be made by rubbing the calf's brains to a paste with the yolk of a hard-boiled egg, a tablespoonful of browned flour and the yolk of a raw egg. Roll these in browned flour, set them in the oven for five minutes and put into the tureen with the soup.

Russian Soup With Poached Eggs

For this make a clear soup by cooking two pounds of well-cracked beef bones, a pound of lean beef and one of lean veal cut into dice, a carrot, an onion, three stalks of celery and a bay leaf in four quarts of water. Put the water, cold, on the meat and bones and set them at the side of the stove, where they will not reach the simmering point in less than an hour. Cover closely and cook slowly, never letting the liquid reach a really hard boil, for six hours. Put it aside and let the stock get cold on the bones. Take these out, skim off all the fat,—reserving this for dripping,—and season the soup with salt and pepper.

To clear the soup, put it over the fire in a clean kettle, and when lukewarm stir in the white and shell of a raw egg. Bring quickly to the boil, take off the scum which rises to the surface and check the boil by putting in a very little cold water. Remove from the stove and strain. If you wish you may add kitchen bouquet for further seasoning and for coloring.

Poach your eggs, one for each person, using a poacher to keep them in compact shape. Slip one into each heated soup plate, pour the hot soup around it and serve at once before it has a chance to cool.

EGG DISHES

Egg Timbales

Beat without separating the whites and yolks of four eggs, add a tablespoonful of milk or cream for each egg, a tablespoonful of melted butter, five or six drops of onion juice, salt and white pepper to taste and a dash of celery salt. Butter timbale molds and fill with the egg mixture, set the molds in a pan of boiling water, cover and bake until set. Loosen each timbale by running the blade of a knife between the custard and the mold, turn out on a hot flat dish and put a spoonful of tomato sauce on each one. If preferred the timbales may be served on individual plates.

Tom Thumb Omelets

Make these in the same way as the timbales for which directions have just been given, but bake them in nappies or patty pans instead of in the timbale molds. When they are turned out on a flat dish pour a cream sauce over them. This is improved by the addition of a tablespoonful of grated cheese, stirred into the sauce just before it is taken from the fire.

Spanish Eggs

Heat in a frying pan or chafing dish a tablespoonful of butter and a gill of gravy or stock with a tea-

spoonful of onion juice, a green pepper, seeded and chopped, a cupful of thick stewed tomato and a dozen olives stoned and minced. Cook together five minutes or until all are bubbling hot and well blended. Should the mixture seem dry at the end of this time moisten with a little more stock and then turn in six eggs, beaten just enough to mix yolks and whites. Cook until the eggs thicken, put in a teaspoonful of salt and serve.

We have made a pleasing addition to this dish by using three hard-boiled eggs, chopped coarsely, as well as the raw eggs. Put them in just after the raw eggs have been added.

Eggs With Ham

Melt a tablespoonful of butter in a frying pan or chafing dish, put in a quarter pound of boiled ham, sliced and cut into small pieces and a teaspoonful of onion juice. Stir them together until the ham begins to crisp, then add six eggs, beaten enough to mix the yolks and whites. Stir until the eggs are set, add a dash of pepper, a tablespoonful of chopped parsley, and serve. The ham salts the dish sufficiently.

An easily prepared and savory dish.

Cheese Omelet Timbales

Beat together the whites and yolks of six eggs with half a pint of milk, a tablespoonful of melted butter and a heaping tablespoonful of grated cheese, salt and pepper at discretion. Put into greased timbale molds, bake in a pan of hot water until firm, turn

out and serve on a hot platter. Make a white sauce by cooking together a tablespoonful, each, of butter and flour until they blend, adding a half pint of milk and stirring until you have a thick, smooth sauce. To this put a tablespoonful of grated cheese, stir until it melts and add a beaten egg, a drop at a time. As soon as this is all well mixed, turn it over the timbales and serve immediately.

Savory Omelet

Beat six eggs enough to blend the yolks and whites, add a couple of tablespoonfuls of milk, a little salt and pepper and turn into an omelet pan where you have melted a tablespoonful of butter. Shake the pan gently to keep the eggs from sticking and as the omelet cooks slip an omelet knife under it frequently to hold it free from the pan.

Have ready a cup of hot gravy, rather thick and well seasoned. If you have minced giblets to put with it so much the better, or you may add to it cooked and chopped sausage. When the omelet is "set" and firm, slip it to the hot dish you have ready for it, pour part of your gravy over it, fold one-half of the omelet over the other and pour the rest of the gravy around it.

Spanish Omelet

Beat six eggs light, add to them two tablespoonfuls of cream or two of milk and two teaspoonfuls of melted butter, salt and pepper. Just before you turn the eggs into the pan where a tablespoonful of hissing

hot butter awaits them, stir in a tablespoonful of chopped green pepper and a teaspoonful of minced onion, a chopped raw tomato and a teaspoonful of minced parsley, all items of which should have been cooked for three minutes in a tablespoonful of butter. Cook the omelet as above directed, fold one-half over upon the other and slip to a hot dish. Have ready a cupful of thick and well seasoned tomato sauce and pour this over and around the omelet. If you wish you may add a dozen stoned and chopped olives to this sauce.

Baked Eggs

Grease small nappies with melted butter, put into each a tablespoonful of milk and break into it an egg. Sprinkle salt and pepper over the top, add a tablespoonful more of milk on top of the egg and a bit of butter, set in the oven and bake until the eggs are firm. Serve in the nappies in which they were cooked.

Eggs au Gratin

Make a good white sauce and add to it a tablespoonful of grated cheese, seasoning this rather liberally with salt and pepper. Fill nappies half full of the sauce, break an egg into each, and pour more sauce over them. Sprinkle thickly with grated cheese, set in the oven covered until the egg is firm, uncover and brown. This is easily prepared and very appetizing.

Egg Cups

Boil eggs hard and throw into cold water. Remove the shells and cut each egg in half, making two cups of the upper and lower halves of the whites. Rub the yolks to a paste with butter, salt and pepper and a little minced ham or tongue. If you have neither of these use anchovies or anchovy paste, and, lacking this, a little onion juice. Make balls of the paste, return these to the cups you have made of the whites, cut a little slice off the bottom of each so that it will stand ready, arrange on a dish and pour around them a cup of white sauce to which you have added a tablespoonful of chopped parsley. Serve very hot. If you wish you may adorn them with a sprig of parsley stuck on top of each ball.

Fricasseed Eggs

Boil six eggs hard and cut them into rather thick slices. Brown a little onion in a tablespoonful of butter, add a cupful of broth and simmer until the liquid is reduced and thickened. If it still seems too thin, stir in a teaspoonful of browned flour, wet up in a little cold water. Remove the onion, season the gravy with salt, pepper and a little kitchen bouquet or mushroom ketchup or Worcestershire sauce, lay the eggs in the gravy and let them become hot through. Do not permit the gravy to come to a boil after the eggs go in or it will break them. Serve with a garnish of toast or fried bread.

Curried Eggs (I)

Make a white sauce with a tablespoonful, each, of flour and butter, cooked together, and a cupful of milk stirred to a smooth thickness like double cream. With the flour put a teaspoonful of curry powder. Have ready six hard-boiled eggs, sliced, and when the gravy is hot put these into it. Add a teaspoonful of salt, a few drops of onion juice and boil up once before serving.

Curried Eggs (II)

Fry an onion in a tablespoonful of butter; when brown take out the onion, stir in a tablespoonful of flour and a teaspoonful of curry powder and when these are blended pour in a cupful of gravy or stock. Cook until smooth and proceed with the eggs as directed above.

Beauregard Eggs

Boil six eggs hard, separate whites and yolks, chop the former coarsely and stir into a cup of white sauce. Pour this on toast, put the yolks through a vegetable press and strew over the top. Salt and pepper to taste.

Deviled Eggs With Anchovy Sauce

Boil six eggs hard, throw them into cold water and then remove the shells. Cut in half, lengthwise, take out the yolks, rub them smooth with melted butter, salt and pepper to taste, a teaspoonful of dry mustard,

and a suspicion of anchovy paste. Return the yolks to the halved whites and pin these together with bits of fine wooden toothpicks. Roll each egg first in beaten egg and then in fine crumbs, drop into boiling cottolene and fry to a delicate brown. Lay on brown paper in a colander to drain and arrange on a hot plate. Have ready an anchovy sauce made by cooking together a tablespoonful of butter, one of flour and two teaspoonfuls of anchovy paste until well mixed. Pour on these a cupful of milk and stir until smooth. Turn over the eggs.

Shirred Eggs

Heat a cupful of well-seasoned brown gravy in a saucepan, adding butter,— a teaspoonful if the gravy is not rich enough,— and seasoning, if necessary, with onion juice and a little kitchen bouquet. Put into this four eggs which have been beaten light without separating the whites and yolks and stir over the fire for three minutes. Have ready two hard-boiled eggs chopped fine, put these with the others, cook one minute longer, pepper and salt as needed, and serve. The mixture of the raw eggs and those which are hard-boiled is an unusual but a pleasing combination.

FISH AND SHELLFISH

Oyster Cocktails

Mix a tablespoonful, each, of tomato catsup and of lemon juice, a teaspoonful, each, of grated horse-radish and of Worcestershire sauce, a pinch, each, of salt and pepper and six drops of Tabasco sauce. Make this very cold, serve it in a little cup set in the middle of your oyster plates and have the oysters arranged around it thoroughly chilled, and served on crushed ice.

Panned Oysters

Fit into the bottom of large nappies a round of buttered toast for each. Lay raw oysters on this toast,—four to each nappy,—put a teaspoonful of oyster liquor and a bit of butter on top of them, dust with salt and pepper, cover and bake until they plump; six or eight minutes should suffice, if the oven is hot when they go in. Serve in the nappies and pass lemon with them.

Clam Fritters

Chop fine two dozen soft clams, pepper and salt and stir into a batter made by sifting a teaspoonful of baking powder with a pint of flour and adding to this two eggs beaten light, a cupful of milk and half

a cupful of clam liquor. Drop by the spoonful into boiling fat, take them out with a split spoon and lay in a hot colander, as each one browns. Pass lemon with these.

Clams Creamed and Scalloped

Chop two dozen soft clams from which you have drained the liquor. Make a white sauce of a tablespoonful, each, of butter and flour and a cupful of milk cooked together until they are smooth and thick. Add to it the pounded yolks of two hard-boiled eggs, a little mace, a teaspoonful of minced parsley and salt and pepper to taste. Stir one minute, add the chopped clams, take at once from the fire and turn into buttered nappies or scallop shells. Sprinkle fine crumbs over the top, dot with bits of butter and brown in the oven.

Creamed Crab-flakes

Pick over half a pound of crab-flakes, rejecting all bits of shell. Cook together a tablespoonful, each, of butter and flour until they bubble, pour upon them a gill, each, of milk and cream. If the cream is not at hand double the quantity of butter used. When your sauce is thick and smooth, put in the crab-flakes and cook until smoking hot. Add the juice of a small lemon, salt and paprika to taste. If the mixture seems too thick, thin with a little cream; the compound should be quite soft, as it dries a little in the oven. Butter nappies or scallop shells, fill them with the crab mixture, sprinkle crumbs and

pieces of butter over the top, set in the oven covered and when hot through uncover and brown. When served, lay on the top of each a slice of lemon which you have sprinkled with finely minced parsley.

Shrimps With Tomato Sauce

Make a tomato sauce by cooking together a tablespoonful of flour, two tablespoonfuls of butter and half a pint of strained tomato until you have a smooth thick sauce. Season to taste with salt and pepper. In this put your shrimps, which should have been carefully picked over, let them become hot through and turn into individual nappies. Serve in these without further cooking.

Canned shrimps are excellent for use in this.

Codfish Steaks With Lemon Sauce

Lay the steaks in salt and water for half an hour, wipe them dry, rub on both sides with melted butter to which you have added a little lemon juice, dip in flour and fry in shallow fat or broil over the fire or in the broiler of a gas range. When done, transfer to a hot dish, work a teaspoonful of lemon juice into two tablespoonfuls of butter, whipped until it is white, and cream; add to this a tablespoonful of chopped parsley and serve with the codfish steaks.

Boiled Cod With Anchovy Sauce

Choose a chunky piece of cod for this, sew it up in a piece of cheesecloth or mosquito netting,—first laying it in salt and water for an hour,—and put

it over the fire in enough boiling water to cover it. Add to this four tablespoonfuls of vinegar and boil the fish at the rate of ten minutes to the pound. Unwrap the fish, be sure that it is well drained and lay it on a hot dish. Make an anchovy sauce by cooking together a tablespoonful of butter, one of flour and two teaspoonfuls of anchovy paste to the bubble, pour on them a half pint of milk, stir until the sauce is thick and smooth and serve in a sauce boat.

Codfish Fritters

Flake the left-over cold fish and to two cupfuls of this make a batter of a cup of sifted flour, a scant cup of warm water in which has been melted a tablespoonful of butter, salt to taste and the white of an egg, beaten stiff. Stir the fish into this, add pepper, salt and the juice of a lemon and drop by the spoonful into deep fat.

Salmon Pudding

To two cupfuls of flaked salmon, either the fresh boiled, or the canned,—if the latter, it should be taken from the tin an hour before it is to be used,—add a cupful of bread crumbs, a tablespoonful of melted butter, pepper and salt to taste, six drops of onion juice, two eggs beaten light and two tablespoonfuls of cream. Mix all thoroughly and turn into a greased mold,—one with straight sides is the best. It must have a tightly fitting cover. Set in a pot of boiling water, cook steadily for an hour

and a half, dip the mold for a moment into cold water to loosen the pudding and turn this out on a hot platter. Eat with a white sauce or an anchovy sauce, if you prefer.

This same pudding may be cooked in the oven, by setting it in a pan of boiling water. In this case only an hour's cookery will be demanded.

Salmon Croquettes

Flake your salmon fine with a fork and season with salt and paprika. Make a cupful of white sauce with a tablespoonful, each, of butter and flour and a half pint of milk, and when smooth add to it a beaten egg. Stir into it two cups of flaked fish and set the mixture aside to cool. When perfectly cold form into croquettes with the floured hands, roll these in crumbs, in beaten egg and then in crumbs again and put them away in a cold place for several hours before you are ready to fry them. Have deep fat for them, boiling hot, put them in carefully with a split spoon, take them out as soon as they reach a golden brown and drain in a hot colander. Pass lemon with them.

Baked Weakfish, Bearnaise Sauce

Clean, wash and wipe a large weakfish and lay in a baking pan. Pour over it a cupful of boiling water and bake covered for an hour. Baste frequently with the water and with butter, and when tender transfer to a hot platter. Make the sauce by putting the beaten yolks of four eggs into a bowl set in a pan of boiling water and stirring into them four tablespoon-

fuls of olive oil or of melted butter almost as slowly as if you were making mayonnaise. When it is all in, add two tablespoonfuls of boiling water with the same deliberation. By this time the sauce should be very thick and smooth and may be taken from the fire, a tablespoonful of tarragon vinegar, salt and a little cayenne stirred into it and it may be put aside to get perfectly cold. This may be made long before the fish is cooked, as it will keep two or three days in a cold place.

Fried Shad Roes

Drop the roes into boiling salted water and cook for ten minutes. Take them out and lay them in ice-cold water for ten minutes longer. Drain and put in a cold place until needed. Roll in flour, fry in shallow fat and either dress plentifully with butter or pass melted butter in which you have mixed minced parsley and let each eater help himself to it.

Roe Herrings

Wash these well and soak over night. In the morning, lay in hot water for half an hour, then in cold water for ten minutes. Wipe dry, broil over coals or with a gas flame, dress with melted butter and lemon juice and serve.

I have known persons who thought the over-night soaking detrimental to the best flavor of the fish, but it has its merits in taking out some of the extreme saltiness of the herring.

Grilled Sardines on Toast

Select good sized sardines, take them from the box and lay them on soft paper to absorb the oil. Lay on a broiler or in a dry frying pan long enough for them to become lightly crisped, put a little butter on them, squeeze over them a few drops of lemon juice and serve on strips of buttered toast.

Sardines Breaded and Baked

Drain the sardines from oil as directed above, dip each one in raw egg and then in fine crumbs. Lay in a buttered bakedish, sprinkle more crumbs over them and set in the oven until lightly browned. Serve in the dish in which they were baked. Pass lemon with them.

Tomatoes Stuffed With Sardines

Peel large firm tomatoes of uniform size, cut off the tops, remove the seeds and soft pulp, taking care to leave enough of the walls to insure them against breaking apart. Fill each cup or basket with sardines which have been drained, skinned and cut into pieces about an inch long. Pass a French or a mayonnaise dressing with these. If you like you can serve the tomatoes on crisp lettuce leaves. Be sure that all the ingredients are thoroughly chilled.

Tomatoes Stuffed With Shrimps

Prepare the tomatoes as directed in previous recipe and fill them with shrimps, either the fresh or the canned and pass with them French or mayonnaise dressing.

MEATS

BEEF

Rolled Braised Beefsteak

Select a good round steak, have it pounded to a fair degree of tenderness. Or you may use in this way a sirloin of whose quality you are in doubt, and have better results than by broiling.

Lay the steak flat and spread it with a forcemeat of crumbs, a little salt pork minced, a fresh tomato or a quarter-cupful of the solid part of stewed tomato, and pepper and sweet herbs in moderation. The pork should salt the mixture sufficiently. If you have a little left-over sausage this is a savory addition to the forcemeat and may be used in place of the pork. When the surface of the steak is spread with the forcemeat, roll it up as you would a sheet of music, with the forcemeat inside. Pin it with a skewer and tie it in shape with a cord. Lay the meat in a covered roaster, pour a cup of hot water or of stock around it, cover closely and cook at the rate of twenty minutes to the pound. Take out the meat, skim and thicken the gravy with browned flour, add a little kitchen bouquet for color and seasoning and after you have cut the strings and removed them from the steak pour the gravy around it. Leave the skewer in until the meat is carved.

Beefsteak à la Jardinière

This is another way of making sure of the tenderness of a doubtful steak.

Cut a cupful of string beans into short pieces, or use in their place a cupful of lima beans, put with them a cupful of green peas, a cupful of potato dice, boiled, a cooked carrot and turnip, also diced, a dozen button onions, six small baked tomatoes. These may be prepared and cooked while the beefsteak is making ready. Lay it in salad oil and lemon juice for an hour before cooking it. Then put it into a roaster with a couple of sliced tomatoes or a cupful of stewed tomato on top of it, a sliced carrot and a turnip with a few minced herbs. Add a cupful of cold water, cover closely and bake twenty minutes to the pound. Take it out then, keep hot over boiling water while you rub the gravy, and the vegetables cooked with the steak through a colander, return this to the fire and add seasoning and thickening as required. Boil one minute, add a glass of sherry if you wish an especially savory sauce, dish the meat, arrange the separately cooked vegetables in little heaps about the meat, each kind by itself, pour the gravy over all; cover the dish in the oven for two or three minutes before sending to table.

Fresh Beef's Tongue, Breaded and Braised

Boil the fresh tongue for one hour, take off the skin and lay the tongue in a covered roaster on a layer of vegetables, composed of a small carrot cut

into dice, a sliced small onion, a minced stalk of celery and a tablespoonful of chopped parsley. Pour over all enough of the liquor in which the tongue was boiled just to cover it, fit the top on the roaster and simmer for two hours. When done, take it out, brush over with raw egg, strew thickly with bread crumbs, seasoned with salt and pepper, and set on the top grating of the oven to brown. Rub the gravy and vegetables in the pan through a colander, thicken with a little browned flour and season, boil up once and pour around the tongue after you have put this in a hot dish.

Beef's Heart, Stuffed and Breaded

Wash a beef's heart and soak for half an hour in cold salted water. Wipe it and stuff it with a forcemeat made, as for poultry, of bread crumbs seasoned with salt and pepper and sweet herbs. Moisten with butter or better still, add a tablespoonful of chopped salt pork to the bread crumbs. Sew up the openings or pin with a skewer so that the stuffing will be kept in place, lay the heart on a bed of minced onion and tomatoes, pour a half cupful of gravy or stock or hot water about it, cover and bake for an hour and a half, brush over the heart with raw egg, sprinkle crumbs over it, brown these and after transferring the heart to a hot dish boil up and thicken the gravy in the pan, rubbing it through a colander first. This dish is good cold as well as hot.

Roulades of Beef

Have a rather lean steak cut thin and divide it into pieces about five inches long and half as wide. The steak should not be more than half an inch thick. Mix cooked sausage with a quarter as many bread crumbs, put two tablespoonfuls of this on each piece of meat, roll it up with the meat inside and either sew it in shape, like a small cylinder, or pin it with toothpicks or fine skewers. Brown the roulades in butter in a frying pan, after having first cooked a sliced onion in the butter, put them into a saucepan with a cupful of brown stock, the juice of a lemon, and pepper and salt to taste. Cover closely and cook for an hour. Lay them on a hot dish, draw out the threads, if the roulades were sewed, thicken the gravy left in the saucepan, add a little Worcestershire sauce and pour over the meat

Breakfast Stew of Beef

Cut two pounds of lean beef into cubes, brown it in two tablespoonfuls of good dripping in which you have fried an onion. Cover with cold water and put at the side of the stove where the meat will simmer gently until so tender that it can be pierced with a fork. This should be done the day before the stew is to be used, if possible, or in the morning of the day if it is to be served at night. Let the meat stand in the gravy not less than six hours. Take off the fat, add a teaspoonful, each, of summer savory and

sweet marjoram, a little minced onion and parsley to the meat and bring the gravy to a boil. Cook fifteen minutes, stir in a tablespoonful of tomato catsup, a tablespoonful of browned flour wet up with a little cold water, a half teaspoonful of allspice, the juice of a lemon and a tablespoonful of Worcestershire sauce. Boil up once, add a gill of sherry and serve at once.

When properly made, according to the foregoing directions, this is probably the best simple stew ever eaten.

Hamburg Loaf With Mushroom Sauce

To a pound and a half of beef from the round, chopped fine, add a cupful of bread crumbs, two teaspoonfuls of onion juice, a teaspoonful of salt and a little pepper. Make into a loaf and lay it in a baking pan, dredge with flour and set it in a hot oven where the outside will sear quickly. At the end of ten minutes lower the heat a trifle and baste the loaf with butter and a little water. Your best plan is to melt a tablespoonful of butter in a cup of boiling water and use this for basting. Bake for about three-quarters of an hour, basting several times.

Slip the loaf to a hot platter with the aid of a cake turner, taking pains not to break the loaf. To the liquid left in the pan add half a cupful of liquor from canned mushrooms and a half cupful of the mushrooms themselves, sliced thin. If the gravy is too thin thicken it with a tablespoonful of browned

flour, boil up well, stirring constantly until the sauce is thick and smooth. Pour this over and around the loaf in the dish and serve.

Hamburg Loaf With Breaded Bananas

Prepare the Hamburg loaf as directed above. Peel bananas, roll them first in raw egg, then in crumbs and lay them side by side, but not touching, in a baking dish. Cover and put in the oven and bake for fifteen minutes, uncover and brown lightly. After you have made a gravy for the Hamburg loaf by boiling up and thickening the liquid left in the pan in which the meat was cooked, pour this over the steak and arrange the bananas around the edge of the dish.

Cannelon of Beef

Chop cold roast or boiled beef, either fresh or corned. Mix with it a quarter as much ham if the beef is fresh; season with salt, pepper, grated lemon peel and a teaspoonful of onion juice. Moisten with left-over gravy and bind with a beaten egg. Make into an oblong roll, lay it in the baking pan, dredge with flour, pour a little gravy or stock about it and bake to a good brown. Keep the meat covered for fifteen minutes, that it may become heated through before the surface crisps. Baste several times. Transfer the meat to a hot plate, add a little more water to the liquid in the pan, thicken with browned flour, season with salt, pepper and kitchen bouquet, and serve with the meat or in a gravy boat. If you prefer, you may serve a tomato sauce with this dish.

Cannelon of Beef With Fried Bananas

Prepare the beef by the preceding recipe. While it is cooking, peel bananas, slice them lengthwise, dip each piece in melted butter or in raw egg and then in flour, fry to a delicate brown in butter or good dripping. Lay about the cannelon in the dish. These cooked bananas are very tender, so be careful not to break them when lifting.

Mold of Beef and Macaroni

Boil half a package of macaroni or spaghetti tender and cut it into pieces about an inch long. Thicken a pint of beef stock with a tablespoonful of flour rubbed into one of butter and stir into it two cupfuls of chopped cold beef and the cold macaroni. Season well with salt, pepper and onion juice, last of all add a beaten egg. Turn into a greased mold, set in a pot of hot water and boil for an hour. Dip into cold water for an instant to loosen the contents and turn the mold out on a flat, hot dish. Sprinkle grated cheese over the mold, set the dish in the oven for three minutes and serve with a tomato sauce.

Beef Loaf

Mix a pound and a half of chopped beef with a couple of slices of fat salt pork, minced, and a half cup of cracker crumbs. Season to taste with salt, pepper, parsley and summer savory, work in a tablespoonful of butter and a beaten egg, pack into a buttered mold, cover tightly, set in a dripping pan

of hot water and bake an hour and a half. Fill up the outer pan if the water cooks away. Put a plate with a weight upon the top of the loaf before taking it from the mold and leave it thus over night. When ready to serve the loaf turn it from the mold, garnish with lettuce or parsley and slice with a sharp knife.

Pressed Beef

Lard a round of cold roast beef with strips of salt pork, make incisions between them and rub into these a forcemeat of chopped pork, bread crumbs and seasoning of pepper and sweet herbs, adding to these a little vinegar. Bind the beef in shape with a strip of cotton cloth, lay it in a broad pot with enough good stock to cover it, and simmer for an hour and a half. Let it get cold in the liquor, take it out, place a plate upon it with a flatiron or other heavy weight on top of this and let it stand several hours. All night is none too long. Slice it across and the beef will be well mottled and attractive to the eye as well as pleasing to the palate.

Jelled Tongue

Wash a smoked tongue and let it lie in cold water for several hours. Put it over the fire in a pot of cold water, bring slowly to the gentle boil, and simmer until it is so tender that you can pierce it with a fork. A large tongue will require three or four hours boiling. When it has cooled in the liquor in which it was boiled remove the skin, beginning at the

root and stripping back, slice the tongue and arrange the slices in a mold. Pour over them aspic jelly to cover all. Make this by boiling a well-cracked knuckle of veal with a pound of chopped beef, according to the directions already given for the basis of Russian Soup. After you have cleared it add to two cups of the clear soup a half box of soaked gelatine. The soup should be hot when this goes in. Stir until dissolved, flavor with two tablespoonfuls of vinegar and the same of sherry and pour over the tongue in the mold. Set aside in a cold place until perfectly firm, turn out and slice. If you wish you may add sliced hard-boiled eggs and stoned and sliced olives.

LAMB

Curry of Neck of Lamb

Cut a neck of lamb into pieces and put it over the fire in enough cold water to cover it well, add a sliced onion, a bay-leaf and a stalk of celery and bring slowly to a simmer. Cook gently until the meat slips from the bones. Set it aside until perfectly cold, remove the fat from the top, cut the meat from the bones, fry a sliced onion until brown in a tablespoonful of butter, put in a heaping teaspoonful of curry powder and a tablespoonful of flour, stir until they bubble and then pour in two cupfuls of the liquor in which the lamb was cooked. Stir and boil until the gravy is thickened, put in the meat, salt to taste, add the juice of half a lemon and let the meat simmer

in the curry for fifteen minutes. Serve with boiled rice in a separate dish

Brunswick Stew of Lamb

Cut up the neck and breast of lamb and stew as directed above, letting the meat get cold in the stock and removing all fat from the top. Cut the meat from the bones and put the meat back in the stock. Add to it then three large potatoes, which have been parboiled and sliced, a heaping cupful of green corn cut from the cob, or canned corn, a cupful of lima beans, a minced onion, a tablespoonful of chopped parsley, and cook slowly for an hour, stirring from the bottom from time to time. Put in then a pint of tomatoes, either fresh or canned, a teaspoonful of white sugar, half a teaspoonful of black pepper and a scant tablespoonful of salt and stew half an hour longer. Add two tablespoonfuls of butter rubbed smooth with two of flour, boil three minutes and turn into a deep dish.

This is an extremely savory stew and possesses the happy quality of being better the second or even the third day than it is the first.

Lamb's Liver en Casserole

Wash and wipe a lamb's liver dry, fry a few slices of bacon in the frying pan, lay in the liver and cook for two minutes on each side. Place the meat in the casserole, add a pint of good stock or gravy, a cupful of button onions which you have browned in the fat from which you lifted the liver and two tablespoonfuls

of lemon juice. Fit the cover on tightly, and cook the liver for two hours in a steady oven. Put in a cupful of potato balls which have been parboiled, leave them in for ten minutes, thicken the gravy if it needs thickening and send the liver to table in the casserole.

Boiled Mutton With Soubise Sauce

Trim all extra fat from your leg of mutton, put it into a pot of boiling water and leave it at a hard boil for fifteen minutes. Draw the pot to the side of the stove and cook the meat fifteen minutes to the pound. About half an hour before it is done add a chopped carrot, a sliced onion and a turnip, also sliced, a stalk of celery, a spray of parsley and a bay leaf and let all cook together for thirty minutes. Take out the meat, brush it over with butter and set it in the oven for five minutes.

Make a soubise sauce by cooking together a tablespoonful, each, of butter and of flour until they blend, and then pour upon them a cupful of milk and stir until thick and smooth. Into this put two good-sized onions which have been boiled soft and rubbed through a colander, season to taste with salt and pepper. Boil up once and send to table in a gravy boat.

Mutton Chops en Casserole

Remove all fat and skin from the chops and trim them into neat shape. Cover the bottom of the casserole with a layer of sliced tomatoes or with the solid part of a can of tomatoes, sprinkling them with

salt, pepper, a little sugar and a teaspoonful of onion juice, lay several chops on this, placing between the edges of these parboiled potato balls and a few French mushrooms, cut in half. Repeat the layer of tomatoes and seasoning, then more chops, potatoes and mushrooms until all are used up, making the top stratum tomatoes, pour about all a cupful of good stock, cover the casserole, put in the oven and bake for two hours. At the end of this time test the chops with a fork to see if they are tender and if they have reached this stage drain off the gravy carefully, put it into a saucepan, thicken it with browned flour, allowing a tablespoonful of this to a cupful of the gravy, season it with a teaspoonful of kitchen bouquet, the juice of half a lemon and a gill of sherry. Pour back into the casserole and send the meat to the table in this.

Mutton Chops in Casserole With Mushrooms

Prepare exactly as directed in the preceding recipe, but double the quantity of mushrooms and use the fresh,—not the tinned, champignons. The dish is far richer thus prepared

Mutton Stew With Rice Dumplings

Cut two pounds of lean mutton into pieces an inch square and put it over the fire with two cups of cold water, quarter of an onion chopped, a slice of fat salt pork, minced and chopped, sweet herbs at discretion. Bring to a boil slowly, simmer until tender, add salt and pepper for seasoning, and take out the

meat with a skimmer; keep it hot while you cook the dumplings. These are made of boiled rice, into which while hot you have worked a tablespoonful of butter, one of flour and a raw egg to each cup of the rice. Form into balls with the hands. Bring the gravy from which the mutton was cooked to a steady boil, drop the rice dumplings in this, a few at a time. Cook from six to eight minutes and arrange them around the meat in the dish. Pour the gravy over all.

Sheep's Head Breaded and Baked

Have the butcher prepare the head, scalding it and removing the wool, cleansing the mouth, etc., carefully. Soak the head one hour in cold salted water, then put over the fire in two quarts of boiling water and cook gently an hour, or until tender. Take it out without breaking or tearing it and lay in cold water for five minutes, wipe dry, put into a dripping pan, brush with beaten egg, strew thickly with crumbs, sprinkle with salt and pepper, cover, bake thirty minutes, uncover and brown, basting it with the liquor in which it was boiled. Keep hot while you thicken and season the gravy in the pan and send to table with the sheep's head.

Kidneys Stewed With Wine

Soak the kidneys in cold water, slice them, wipe dry and roll in flour. Fry a slice of onion in a tablespoonful of butter, lay in the kidneys and roll them over so as to coat them with the butter. They should

not cook in this for more than two minutes, then pour in a cup of boiling water, and let the kidneys simmer in this for ten minutes. Take them up and lay them in a hot dish, add to the gravy a large tablespoonful of Worcestershire sauce, a little paprika, a tablespoonful of butter worked smooth with one of browned flour, a half teaspoonful of salt, and when the sauce is smooth and thick a gill of sherry. Boil up once, pour over the kidneys and serve.

Mince of Kidneys

Skin four pairs of kidneys, cut them up small and dredge them with flour. Put into a frying pan with two tablespoonfuls of butter, a minced onion, and a cup of good brown stock or gravy. Simmer for ten minutes, keeping the pan covered, add a half teaspoonful of celery salt, the juice of a small lemon, half a teaspoonful of plain salt and a dash of red pepper. Serve on fried bread.

Deviled Kidneys

Slice lamb kidneys, remove the hard centers and lay them in a sauce made by beating together a tablespoonful of butter, a scant teaspoonful of dry mustard, a pinch of paprika, a half teaspoonful of salt and a teaspoonful of lemon juice. soften the mixture to a cream. When the kidneys are well coated with this, roll them in cracker dust and broil over a clear fire for about eight minutes. Put the rest of the sauce with them when they go to table

Kidney Pie

After cutting two pairs of kidneys into dice put them over the fire in a little weak stock and stew them gently for half an hour. While they are cooking, break a quarter of a pound of macaroni or spaghetti into inch-lengths and boil it until tender. Drain it, place a layer of it in the bottom of a buttered bake-dish, spread over it a layer of the kidneys, seasoned with pepper, salt and a little Worcestershire sauce. On top of them arrange a layer of stewed tomatoes and then more macaroni, repeating these layers until the dish is filled. Make the top layer macaroni and sprinkle cheese thickly over it. Make a good gravy of the stock in which the kidneys were cooked, season it well and pour this into the dish before the cheese is put on. Bake for half an hour, covered, uncover and brown.

VEAL

Veal Cutlets, Breaded

Pepper and salt veal cutlets, cutting them into rather small pieces. The flavor is improved by pounding each piece and squeezing a few drops of lemon juice upon it. Let them stand half an hour, then dip each piece first in raw egg and then in crushed cracker crumbs. Lay slices of fat bacon or salt pork in a frying pan, cook until crisp, take it out and put in the cutlets; do not let them brown

too rapidly. They will require ten or twelve minutes steady cooking to be done properly.

Veal Stew With Dumplings

Cut up veal for stewing,—the leg pieces will answer for this,—and put over the fire with a quarter-pound of salt pork cut into dice, a carrot and an onion minced, a tablespoonful of parsley and a tomato, both chopped. Pour a quart of boiling water in with these and simmer for two hours. Season then with salt and pepper and cook until the meat is so tender that it falls apart when touched with a fork. Take out the meat, arrange it on a hot platter and bring the gravy to a boil to cook the dumplings.

For these dumplings rub a heaping teaspoonful of butter into a cupful of flour with which you have sifted a teaspoonful of baking powder and a salt-spoonful of salt; moisten with a half cupful of milk to a soft dough and after flouring the hands well make the dough into small balls and drop these into the boiling gravy. They should cook through in about ten minutes. Take them out with a skimmer, thicken the gravy with a little flour wet up in cold water and pour it around the meat and dumplings in the dish.

Veal Stew With Carrots and Dumplings

Prepare just as you did the preceding but have young carrots cut into lengths and add these to the cooking meat when it has been over the fire for two

hours. Half an hour should make them tender. There should be two cupfuls of the carrots to two pounds of the meat and they may be taken out of the gravy at the same time as the meat and arranged around it in the dish to keep hot while the dumplings are cooking.

Curried Veal

If fresh veal is used for this, an onion should be fried in a little dripping, and when this is brown, the veal, cut into neat pieces for stewing, should be laid in the fat and browned for five minutes. Two cupfuls of hot water may then be poured around it — not upon it,— the saucepan covered and the meat left to stew until tender. When this point is nearly reached, two teaspoonfuls of curry powder wet up with cold water should be added to the gravy with a little salt and the juice of a lemon, and all should be allowed to simmer together for twenty minutes. The gravy may then be thickened a very little and the curry served with boiled rice as a border or in a separate dish.

Directions for making curry from cooked meat will be found elsewhere.

Jellied Veal

Boil two pounds of lean veal in enough cold water to cover it and let it get cold in the liquor in which it was stewed. Then skim the grease from the top, take out the meat and cut it into neat strips or dice. Season the veal liquor, which should be a firm jelly

and must be warmed a little in order to mix with it the celery salt, pepper, dash of nutmeg and table-spoonful of tomato catsup required to give it a zest. When this has been done put it on the ice to chill while you arrange the veal in a buttered mold with a couple of hard-boiled eggs sliced, a few cucumber pickles and a dozen stoned olives, also sliced. Pour over these the jelly when it has begun to harden again and set the mold in a cold place for several hours or over night. Turn out on a flat dish and garnish with lettuce leaves.

Mock Duck

Have a butcher cut you a veal steak about an inch thick. Flatten this with the broad side of a hatchet, squeeze a few drops of lemon juice upon it and spread it with a forcemeat made of chopped ham and well-seasoned bread crumbs. Roll the meat with the forcemeat on the inside and tie it in shape with a soft string. Lay it in a dripping pan and pour around it two cupfuls of boiling water. Turn a pan over this, or if you use a covered roaster, close the top, and bake nearly two hours, basting with the gravy frequently. When done remove the meat to a hot dish and take off the strings: thicken the gravy with browned flour and season well with pepper, salt, onion juice and tomato catsup. Boil up, stirring until the gravy is thick and pour over the meat in the dish.

Veal and Ham Loaf

Stew a pound of lean veal until tender, chop it fine and put with it a quarter of a pound of cold boiled ham, minced. Boil down the liquor in which the veal was cooked to about half a cupful, add to it the juice of half a lemon, pepper and salt to taste and a pinch of mace. Mix the minced meat with the gravy and press hard into a buttered mold or bowl, put a weighted plate on top of the meat and set aside over night. The next day you can turn it out in a loaf and cut this in neat slices.

Galantine

Have a breast of veal boned and trim it neatly. Butter the inside and spread with forcemeat made of a cupful of cold-boiled tongue or ham chopped fine, a half cupful of minced mushrooms, a half cupful of bread crumbs, all seasoned with salt, pepper, a little lemon juice and moistened with a couple of tablespoonfuls of melted butter. After you have covered the meat with this mixture stick into it here and there almonds, blanched and sliced,—about twenty in all,—a dozen olives, stoned and sliced and if you can get them, a few green pistachio nuts. Roll up the meat with the stuffing inside and sew it in a piece of cheesecloth, to keep the roll in shape. Put it into a saucepan with enough weak stock to cover it, adding to this a sliced onion and carrot, a stalk of celery, one of parsley and a bunch of soup herbs, and after putting a tightly-fitting cover on the pot, sim-

meat steadily and slowly for two hours. Take from the fire and when the liquor is almost cold lift out the meat and put it on a plate under a heavy weight. Leave it there over night or for several hours and remove the cloth just before you are ready to use the galantine. Slice it across its length. This is a delightful supper or luncheon dish for any time of year, but is especially acceptable in hot weather.

The stock in which the galantine is cooked is excellent for soup.

Calf's Head, Plain

Have a calf's head thoroughly cleansed by the butcher, leaving the skin on. Take out and parboil the brains and tongue and after parboiling, blanch them by throwing them in cold water for ten minutes. Put the head over the fire in enough cold water to cover it, bring this quickly to a boil, remove the head and lay in iced water. When entirely cold take out the head, brush it over with vinegar and return it to the pot with enough boiling water to cover it well, adding to this two tablespoonfuls of vinegar, a sliced onion and carrot, a tablespoonful of chopped parsley, six black peppers, whole, and a dessertspoonful of salt. Cook gently until the meat will slip from the bones. Two hours will be required for a small head. Take from the water, remove the bones without breaking the flesh seriously, rub the head with butter, strew over it peppered and salted crumbs and brown in the oven.

Use the liquor in which the head was boiled for mock turtle soup.

Calf's Head à la Vinaigrette

Boil the calf's head as directed in the preceding recipe, cut the meat from the bones in neat pieces and serve it cold with the following sauce: chop gherkins or other tart pickle, put a tablespoonful of this with a teaspoonful, each, of minced chives and parsley and stir these into a dressing made by mixing half a teaspoonful of salt, a quarter teaspoonful of paprika and the same of white pepper with six tablespoonfuls of oil and three tablespoonfuls of tarragon or plain vinegar. Mix all well and pass it with the calf's head or pour it over the meat in the dish.

Calf's Head en Tortue

Cut the meat from the calf's head in neat strips and set it aside while you prepare a sauce. Cook together two tablespoonfuls of butter and one of flour and pour on this a half cupful of the liquor in which the calf's head was cooked and half a cup of cream. Season with a teaspoonful of onion juice, salt and pepper and lay in the meat. When this is hot through add two hard-boiled eggs chopped fine, the juice of half a lemon and a gill of sherry. Serve at once.

Jellied Calf's Tongue

See recipe for jellied tongue and follow these directions with the calf's tongue, with the addition of salt.

The smoked tongue requires none. The aspic jelly for it may be prepared in the same way.

Fried Brains

As soon as the brains come home they should be boiled fifteen minutes in salted water and then thrown at once into iced water. When cold, wipe dry, remove the bits of skin and strings, cut into neat pieces, pepper and salt, roll in egg and cracker crumbs, and after leaving them in a cool place for an hour to become firm, fry them in deep fat.

Smothered Liver

Slice liver half an inch thick, cover the bottom of the inside vessel of a double boiler with chopped fat salt pork, lay in part of the liver, strew with minced onion,—you will require two tablespoonfuls for the dish—sweet herbs and more pork; repeat these layers until all the materials are used. Cover closely, put cold water in the outer vessel of the boiler, bring to a simmer and cook for two hours. Take out the liver, keep it hot, thicken the gravy with browned flour wet up in cold water, add pepper,—you need no salt—and pour this over the liver in the dish.

A very savory way of cooking either calf's or lamb's liver.

Larded and Baked Liver

Soak a whole liver,—either a calf's or a lamb's, although the former is preferable, as being larger—

in cold salted water for half an hour. Wipe dry, make incisions in it with a long, narrow-bladed knife and into these thrust strips of fat salt pork. The slits should run through the liver from top to bottom and be about an inch apart. Cover the bottom of a baking dish with chopped salt pork, place the liver on it with a chopped carrot, onion and a couple of stalks of celery, the juice of a lemon and enough stock nearly to cover the liver. Cover the pan, bake the liver for two hours, basting often, uncover and brown. Transfer to a hot dish, thicken and further season the gravy left in the pan and pour over the liver. Slice it across. This is good hot or cold.

Imitation Pâté de Foie Gras

Boil a pound of liver until tender, chop fine, taking out the tough portions and rub the remainder through a vegetable press. Season with a teaspoonful of onion juice, salt and pepper, and work to a paste with melted butter, then pack into small jars, inserting here and there quartered French mushrooms. Pour melted butter over the tops of the jars and keep in a cool place. They will be good for a week or more, except in very hot weather.

Calf's Liver à la Jardinière

Wash, dry and lard the liver as for Larded and Baked Liver. Place a layer of vegetables, consisting of a parboiled young turnip and a carrot, cut into dice, a chopped onion, a cupful of green pease or lima beans or string beans and a bunch of minced

parsley in the bottom of a pan and lay the liver on this. Dust with pepper, cover with weak stock, cover closely and cook for an hour. Uncover, add three sliced tomatoes or a half cup of solid stewed tomatoes to the dish, cover again and cook half an hour longer. Dish the liver, drain the vegetables and arrange them about the liver, thicken the gravy and pour it over all, adding more seasoning of onion juice, lemon juice, salt or pepper if this is needed.

Baked Calves' Hearts

Wash two calves' hearts thoroughly and lay them in cold salted water for an hour. Run a sharp, narrow-bladed knife through the center of each heart from top to bottom, turning it around two or three times to make a good orifice for the stuffing. This should be of bread crumbs, well seasoned with onion juice, sweet herbs, salt and pepper and moistened with melted butter or with bacon dripping. When the hearts contain as much stuffing as they will hold sew up the opening, dredge the hearts with salted and peppered flour and brown in a saucepan in dripping in which an onion has been fried. Pour in just enough stock to cover the hearts, add a slice of carrot, a bay leaf and a teaspoonful of salt and cover the saucepan closely; cook two hours. Take out the strings, put the meat into a hot dish, thicken the gravy with browned flour, season with a teaspoonful of kitchen bouquet and pour over the hearts.

PORK

Chine of Pork, Braised With Apple Sauce

Have the chine cut with as much meat as practicable on both sides of the bone, sprinkle it with pepper and salt, with sage and thyme. Lay on the grating of the covered roaster three large tart apples, peeled, cored and sliced, strew sugar over them and lay the pork upon them, dotting it with bits of butter. Cover and roast the pork twenty-five minutes to the pound; then remove the meat and lay it in a dripping pan with the side uppermost which has been downwards until now. Rub it with butter, strew thickly with crumbs and brown. Make a gravy by putting the apples and drippings from the baking pan through a colander, thicken this with a tablespoonful of flour rubbed smooth with one of butter, boil up once, season with salt and pepper and serve in a gravy boat.

Fried Pork With Cream Gravy

To get this dish at its best, home-grown pork should be used. Cut into slices, fry to a crisp, take out the slices and pour off most of the fat in the pan, leaving about a tablespoonful. Into this stir a tablespoonful of flour and when well blended, pour in a cup of cream or of rich milk. Stir over the fire until the gravy is smooth and the thickness of double cream, add pepper at discretion and pour over the pork on a

hot plate. Have boiled potatoes to eat with this. Properly cooked it is extremely good.

Boiled Corned Ham Boned and Stuffed

Wash your corned ham, remove the bone by slipping a long, slender knife along the length of the bone and working the blade around it until you have loosened it. If possible, have your butcher bone it for you. Make a forcemeat of bread crumbs seasoned with onion juice, sweet herbs, pepper, salt and Worcestershire sauce and pack this into the cavity; when full sew the ham up in cheesecloth. Cover with cold water to which you have put two tablespoonfuls of vinegar and cook for twenty minutes to the pound after the boil begins. Leave it in the liquor until it is cold; when you lift it out put it under a weighted plate and do not take off the cloth or the skin for eight or ten hours. Dot the surface with paprika and black pepper, or if you prefer, brush it with beaten egg and sift cracked dust over it, then set in the oven to brown. It should be entirely cold before it is sliced.

Jellied Ham

For this follow the recipe given for Jellied Tongue, using the sliced ham in place of the sliced tongue.

Jellied Ham Loaf

Prepare as for jellied ham, but chop the ham instead of slicing it and mix it with the gravy. Pack into a mold or bowl, let it get firm before turning out, garnish with lettuce and pickles, and slice.

Baked Sausage

Prick the sausages, arrange them side by side in a bakedish, cover them and bake until done. They should be brown and tender. This makes a little variety on the fried sausage and is said to be more wholesome. Drain off the fat before dishing the sausages.

Fried Pigs' Feet With Sauce Piquante

Be sure that the feet are well cleaned, wrap each up in a piece of cheesecloth, tie this on securely and put them into boiling water deep enough to cover them, adding a tablespoonful of vinegar. Boil for four hours and let them get cold in the water. Undo the cloth, roll the feet in egg and in peppered and salted crumbs and fry to a good brown. Make a gravy by cooking together a tablespoonful of butter and one of browned flour until they bubble, pouring on this a cupful of brown stock and stirring until the sauce is thick and smooth, add a tablespoonful of Worcestershire sauce, the same amount of capers and of sharp pickle chopped fine, and serve with the feet.

CHICKEN AND RABBITS

Fricasseed Chickens

Divide the chicken into joints, wash and arrange the pieces, still wet, in a pot interspersing the layers with minced onion, pork and parsley. Cover the pot tightly and set it in a place where it will not reach

a boil under an hour. Then let the fricassée simmer gently until the meat is tender. If the fowl is old this may be a lengthy process, but it is worth while. When the meat is tender, season well with salt and pepper and take it from the kettle. Set the gravy in a bowl surrounded with ice that the grease may rise to the top, skim, return to the fire, thicken with a tablespoonful of butter rubbed in one of flour, add half a cupful of milk in which you have beaten two eggs. Boil up once and pour over the chicken.

Fricassced Rabbit

Skin, clean and joint a rabbit. Fry several slices of pork and two onions together, pepper, salt and dredge the pieces of rabbit and brown them in the same fat, first removing the pork and onions. When the meat is cooked lay it in the casserole, alternating each layer of meat with one of parboiled potato balls, of button onions and small mushrooms. You will need about a cupful of the potatoes and half as many of both mushrooms and onions. Strew the chopped salt pork in with the vegetables, season with pepper and dredge with browned flour. When the casserole is full pour over the contents stock or gravy, cover the dish tightly and cook slowly three hours before you open it. The meat should then be tender. Drain off the gravy carefully, strain, skim and thicken it, stirring in a tablespoonful of tart fruit jelly, pour it back into the casserole, let this stand for five minutes in the oven and send the casserole to table with the contents.

Barbecued Rabbit

Split, wash and clean the rabbit, score the deep part of the meat on his back with a sharp knife, that the gravy may penetrate the flesh and broil over a hot fire. When done, lay on a hot platter in the oven, butter freely and let it stand while the sauce is made. For this three tablespoonfuls of butter should be melted together with two tablespoonfuls of vinegar, a saltspoonful of mustard, a tablespoonful of minced parsley and a teaspoonful of white sugar. Cook all together for a minute and pour over the rabbit. The dish should stand for five minutes in the oven before sending to table.

VEGETABLES

Potato Puff

Beat a tablespoonful of melted butter into two cups of mashed potato; when light and creamy add salt and pepper to taste, a cupful of milk and two beaten eggs, turn into a greased pudding dish and bake to a good brown. Serve quickly after it is done.

Whipped Potatoes

Lay peeled and quartered potatoes in cold water for an hour, cook them in boiling salted water until tender. Drain off all the water, sprinkle salt on the potatoes and set the uncovered pot containing them at the back of the stove that they may dry. Turn into a hot dish and whip with a fork until the potatoes are light and mealy, then beat in for every ten or twelve good-sized potatoes a tablespoonful of butter and a cup of hot milk, with salt as needed. Avoid over-stiffness or "mushiness," but have the potatoes soft and creamy.

Scalloped Potatoes

Whip the potatoes light, as directed in preceding recipe and beat in an egg and a tiny pinch of mace. Put into a buttered bakedish, strew the top with fine crumbs, salt, pepper and bits of butter and, last,

grated cheese. Set in the oven and brown and serve in the dish in which the scallop was cooked.

Potato au Gratin

Peel potatoes and cut them into dice. Cook in boiling salted water until tender but not broken, drain and put into a buttered pudding dish with a white sauce made by cooking together a tablespoonful, each, of butter and flour and half a pint of milk, seasoning this with salt and pepper. Strew grated cheese thickly over the top, divide a tablespoonful of butter into small pieces and scatter these over the top, cover and bake ten minutes, uncover and brown.

O'Brien Potatoes

Peel potatoes, cut them into dice and cook as for Potatoes au Gratin. To the white sauce in which you put them over the fire add a teaspoonful of onion juice and a tablespoonful of chopped green pepper. Set at the side of the fire and simmer very gently for fifteen minutes. If they cook hard the potatoes will break and become mushy. Serve in a hot dish.

Parisian Potatoes Sauté

Peel good-sized potatoes and cut them into balls with the gouge which comes for this purpose. Par-boil these balls for ten minutes, drain them and lay them in a couple of tablespoonfuls of hot butter or good dripping. Turn them about in this until they are a delicate brown, take them out, sprinkle with minced parsley and serve.

The potatoes from which the balls have been gouged may be used for mashed potato, whipped potato, potato soup or anything else in which the shape of the vegetable is of no importance.

Sweet Potatoes, Virginia Style

Parboil the potatoes, peel and slice while hot. Butter a deep dish well and put the potatoes in this, sprinkling each layer of the potatoes with brown sugar, a little salt and bits of butter. Finish the dish with a top layer of well-buttered crumbs. Pour over the potatoes a few tablespoonfuls of water, cover the dish closely and bake three-quarters of an hour. Uncover and brown.

Stuffed Sweet Potatoes

Select sweet potatoes of medium and uniform size and bake until tender. Cut in half lengthwise, scoop out the potatoes, taking pains not to break the skin. Soften the potato you take out with melted butter and milk, season it to taste with salt, restore to the shells you made of the halved potatoes, set in the oven for ten minutes and serve laid on a napkin in a hot dish.

Mashed Sweet Potatoes Browned

Boil sweet potatoes until tender, peel them and beat them with a fork until they are well broken. Stir in a teaspoonful of butter for each potato, enough milk to soften them to the right consistency,—not too stiff—and salt to taste. Heap in a buttered pudding

dish, set in the oven until heated through and well browned on top.

Spanish Rice

Cook a cupful of rice until tender in a cupful of boiling water, drain and dry off as you would boiled potatoes. Fry two medium-sized onions, sliced, in a little bacon or pork dripping, put this and two chopped green peppers with the rice and stir in two cups of stewed tomatoes. Butter a bakedish, put in the rice and tomatoes, adding salt and pepper at discretion, sprinkle fine crumbs over the top, bake covered for twenty minutes, uncover and brown. Be careful not to have the dish too stiff but soften with more tomato, if needed.

Boiled Rice With Cheese Sauce

Boil a cupful of rice in plenty of boiling water. Two quarts is none too much and the water must be at a galloping boil when the rice goes in and continue at the same stage during the fifteen minutes or so required to cook it. Each grain of rice should be separate and soft, though not *too* soft. Drain and dry and turn into a heated vegetable dish. Have ready a cupful of white sauce, made by cooking together a tablespoonful, each, of butter and flour and a half pint of milk and seasoning to taste with salt and pepper. Add to this a heaping tablespoonful of grated cheese and when this is melted and blended, stir it into the rice. Sprinkle another spoonful of grated cheese over the top of the rice and set the

dish in the oven for five minutes before it goes to table.

Boiled Rice With Tomato Sauce

Prepare the rice precisely as in the preceding recipe but make a tomato sauce by cooking together a tablespoonful, each, of butter and flour and pouring upon them a half pint of strained tomato liquor in which an onion has stewed for five minutes. If the tomato is very tart, add a teaspoonful of sugar to the sauce, salt and pepper as needed. Pour it over the rice in the dish five minutes before it goes to table.

Buttered Rice

Boil a cupful of rice according to preceding directions. While it is drying off make a sauce by frying two sliced onions brown in butter and after the onions are removed from the butter add to the latter a green pepper, seeded and chopped fine. Cook until tender, put in a teaspoonful of lemon juice and pour over the rice after you have turned it into a deep hot dish.

Risotto

Fry a sliced onion brown in a tablespoonful of butter or of olive oil, add a pint of hot water and a cup of rice which has been washed and picked over. Boil until the rice is soft, adding more water if it becomes too dry. Into a cupful of stewed tomatoes, freed from lumps, stir a teaspoonful of sugar, add to the rice when this is soft, salt to taste, turn the

risotto into a dish and strew over it a tablespoonful of grated cheese.

This is an Italian dish and very good.

Hominy Pudding

Beat a cupful of cold-boiled hominy until it is well broken into grains, work into it a tablespoonful of melted butter and two eggs beaten light with a tablespoonful of sugar, a teaspoonful of salt and two cups of milk. Stir vigorously until all the ingredients are well mixed, turn into a buttered pudding dish, bake covered half an hour, uncover and brown. Eat as a vegetable.

Green Pea Soufflé

Mash a cupful of boiled green pease until soft, add the beaten yolks of two eggs, a tablespoonful of melted butter and salt and pepper to taste, and let all become cold before whipping in the frothed whites of the eggs and a couple of tablespoonfuls of cream. Bake in a buttered pudding dish to a light brown and serve as soon as it comes from the oven.

Green Pea Pancakes

Mash two cupfuls of green pease, rub them through a colander and season with pepper, salt and a tablespoonful of melted butter. Add two eggs beaten into a cupful of milk, a half cupful of flour with which has been sifted half a teaspoonful of baking powder and after beating well, cook on a griddle.

Stuffed Eggplant

Parboil an eggplant for ten minutes, cut it in half and scrape out the inside, taking care not to break the skin. Leave about half an inch thickness to the walls. Mix the pulp you have scraped out with two tomatoes chopped fine, or an equal amount of stewed tomato, season well with butter, pepper and salt and add a heaping tablespoonful of bread crumbs. With this fill the two halves of the eggplant, bind these together with a soft string, lay in a covered roaster, pour a cup of hot water around the eggplant, cover closely and cook for an hour. Turn the eggplant over and cook half an hour longer, take it out, remove the strings and serve. It should be served with a spoon, as you would stuffed and baked squash.

Scalloped Eggplant

Peel the eggplant, cut into dice and parboil for twenty minutes, drain and arrange in layers in a bake-dish with alternate thicknesses of fine crumbs, sprinkling each layer with salt, pepper and bits of butter. Pour over all a half cup of milk in which has been melted a tablespoonful of butter, strew on top crumbs and butter, cover and bake half an hour, uncover and brown.

Eggplant Scalloped With White Sauce and Cheese

Peel an eggplant, cut in slices half an inch thick, lay in cold water for half an hour, dry, dip in beaten egg, then in cracker dust and fry in deep fat to a

good brown. Cook together two tablespoonfuls, each, of butter and flour until they blend, pour on them a pint of milk and stir until you have a smooth sauce. Add to this two heaping tablespoonfuls of grated cheese and cook until this is melted. Pour enough of this into a buttered pudding dish to cover the bottom, arrange on it a layer of eggplant, sprinkle over it grated cheese and pour in more sauce. Continue in this way until the dish is full or the material exhausted, making the last stratum of the sauce, strew with crumbs and grated cheese, bake covered for half an hour, uncover and brown. Very good!

Baked Eggplant

Wash and wipe an eggplant, parboil it in boiling salted water for ten minutes, let it get perfectly cold, cut it in half and scoop out the inside. Take pains not to break the outer skin. Mix the pulp you have removed with bread crumbs, pepper, salt and sweet herbs, moisten with melted butter and return to the halved eggplant. Sprinkle dry crumbs on the surface, set the halves with the crumbed sides up, in a baking pan, pouring around them a cupful of soup stock and bake an hour, basting every ten minutes. Transfer the eggplant to a hot dish, thicken the gravy left in the pan with browned flour, boil up once and pour this gravy about the eggplant.

Stuffed Tomatoes

Cut the tops off fine firm tomatoes and scoop out the pulp. Be careful not to break the skin. Mince

the pulp you have removed with an equal quantity of bread crumbs, add a teaspoonful of sugar, salt and pepper to taste and a tablespoonful of melted butter and put the mixture back into the hollowed-out tomatoes. Replace the tops, lay the tomatoes side by side in a pudding dish and bake to a good brown. If the oven is very hot, cook them covered for twenty minutes. You can add chopped ham or chicken to the bread crumbs, if you wish, and have a more savory and more substantial dish.

Fried Tomatoes

Wash and wipe tomatoes and cut them, without peeling, into rather thick slices. Sprinkle salt, pepper and sugar over each slice, dip in flour and fry in deep hot fat. Or, if you prefer, you may sauté them in shallow butter or dripping. Another way is to dip the slices in batter and fry them to a delicate brown in deep fat.

Canned Whole Tomatoes Baked in Scallop Shells

Lay each tomato in a buttered scallop shell. Sprinkle with salt, pepper and a little sugar, strew crumbs and bits of butter over the top and bake until of a delicate brown. Serve in the scallop shells.

Lady Cabbage

Boil a firm white cabbage in two waters and put it aside to get cold. Chop it then, and when it is minced fine mix with it two beaten eggs, a tablespoonful of butter, three tablespoonfuls of milk,

pepper and salt to taste. Beat well and bake in a pudding dish to a good brown. Eat hot.

Creamed Cabbage

Quarter a good cabbage, take off the outer leaves and remove the stalk; put into a pot of boiling water in which you have dissolved two teaspoonfuls of salt and a pinch of baking soda. Cook fifteen minutes, change the water and cook ten minutes longer. Turn into a colander, drain off the water, chop the cabbage and put it with a sauce made of a tablespoonful of flour cooked with one of butter, softened to the right consistency by the addition of a cupful of milk. Stir the sauce until thick before the cabbage goes in; afterwards season with salt and pepper, cook one minute and serve.

Stuffed Cucumbers

Cut well-grown cucumbers in half lengthwise and remove the seeds; fill the boat-shaped divisions thus made with a forcemeat of minced chicken mixed with one-third as much bread crumbs, softened with butter and cream and seasoned with salt, white pepper and paprika. Lay the halves in a baking pan with the open side upwards, pour around them enough stock nearly to cover them, turn a pan over them and bake in a moderate oven for half an hour. Uncover and brown for five minutes. Keep the cucumbers hot in the oven while you add browned flour to the gravy in the pan, boil up the sauce and thicken it. Pour it over the cucumbers when you send them to table.

Stuffed Green Peppers

Cut the stem end from peppers and remove the seeds. Stuff the peppers with a forcemeat of minced meat of any sort and put with it half or one-third as much boiled rice, seasoning both well and moistening with butter or gravy. Set the peppers in a baking-pan with the open side uppermost, pour about them enough weak stock to keep them from scorching, cover and bake forty minutes, uncover and brown. Transfer to a hot dish, boil up and thicken the gravy in the pan and pour it about the peppers in the dish.

Baked Onions

Peel medium-sized white onions and arrange side by side in a greased pudding dish. Sprinkle them with salt and pepper and pour over them a good brown gravy, well seasoned, which has been thickened to the consistency of double cream, with browned flour. Sprinkle fine crumbs over the top, put bits of butter here and there over them, bake covered for half an hour, uncover and brown.

Young Beets With Tops On

For this you must sacrifice the small beets before they are of a size to cook by themselves. Wash the beets and tops carefully in two or three waters, put them over the fire in boiling salted water and cook until tops and beets are both tender. Drain dry, put in a hot dish, dress with butter, salt and pepper and pass vinegar with them.

Vegetable Marrow

Peel the vegetable marrow, cut it in cubes, put it over the fire in boiling salted water and cook until tender. Drain the water from it, sprinkle with salt and pepper and pour over it a white sauce made of two tablespoonfuls of butter and one of flour cooked until they bubble and then moistened with a cupful of hot milk poured upon them. Stir until the sauce is smooth, season with salt and white pepper before adding to the marrow. Serve very hot.

Stewed Chestnuts

Boil the large Spanish or Italian chestnuts until soft, remove the shells and skins. If you prefer you may remove the shells first and boil the chestnuts in the skins. Drain them, prepare a white sauce of two tablespoonfuls of butter and one of flour cooked with a cupful of milk to a smooth thickness, season with celery salt and white pepper and pour this over the chestnuts in the dish. Cover and set in the oven until smoking hot.

Spanish Chestnuts in Brown Gravy

Prepare the chestnuts as in the preceding recipe and make a brown gravy to put over them, cooking together a tablespoonful of brown flour with two of butter and pouring upon them a cupful of well-seasoned brown stock. Chicken or turkey stock is especially nice for this. Season it well with salt and

pepper before pouring it over the chestnuts and let them stand in it in the oven for five minutes before serving. This makes a very good dish to accompany roast poultry of any sort.

BREADS, SANDWICHES, CHEESE DISHES

Scotch Scones

Sift two teaspoonfuls of baking powder and one of salt through four scant cups of flour, work into it a tablespoonful, each, of butter and lard and wet to a soft dough with two cupfuls of milk. Roll into a sheet about half an inch thick, cut with a biscuit cutter into rounds, bake on a well-floured griddle to a light brown, turning two or three times that they may not cook too quickly on one side. They should puff up to twice their first thickness. Tear open — do not cut — butter while hot and serve wrapped in a napkin.

Currant Buns

Cream two tablespoonfuls of butter with half a cup of sugar and mix with them two beaten eggs and a cup of milk. Sift two teaspoonfuls of baking powder and half a teaspoonful of salt with a quart of flour, stir this into the milk, and last of all, work in three tablespoonfuls of currants which have been picked over, washed, if necessary, thoroughly dried and well dredged with flour. Roll the dough into a sheet, cut into rounds, arrange in a well-floured biscuit tin and bake. Eat hot.

Potato Biscuit

Mash half a dozen good-sized boiled potatoes, roll them out on a biscuit board until they are free from lumps and then put into a bowl and moisten with a teaspoonful of melted butter and a cup of milk, work in half a cupful of flour, or just enough to make a soft dough and a scant teaspoonful of salt, and one of baking powder. Roll out this dough quickly, cut into round cakes and bake as you would ordinary biscuit. They are very good and should be eaten while they are hot, before they fall.

Left-over mashed potatoes can be used for these biscuit.

Dried Rusk

Stir into a pint of milk a teaspoonful of salt, four tablespoonfuls of melted butter, and a half-cake of yeast dissolved in a half-cup of lukewarm water. Mix with this enough flour to make a thick batter and after beating it vigorously set it in a covered bowl to rise for two hours in a warm corner. Work in then two well-beaten eggs and enough flour to make a dough which can be rolled out. Set to rise for two hours longer, then roll out and cut into rounds. Place these in a baking pan and let them rise for half an hour, bake, leave in the open oven to dry out, then put in a muslin bag,—a perfectly clean pillow slip will answer,—hang in the kitchen and dry for two or three days. When you wish to use them, soak them in iced milk or water until soft and

eat with butter. They are very good and especially tempting for breakfast on hot summer mornings or for supper on sultry summer nights.

Oatmeal Scones

Add a teaspoonful of salt and two of baking powder to three cupfuls of oatmeal and one of white flour, well mixed. Into three cupfuls of scalding hot milk stir a tablespoonful of sugar with three of butter and mix these with a spoon into the oatmeal and flour. Turn out on a biscuit board, roll into a thin sheet,—not more than a quarter of an inch thick,—cut into rounds and bake on a soapstone griddle, browning both sides. Butter while hot.

Steamed Corn Bread

Put two cupfuls of corn-meal with one of flour and mix with them a teaspoonful of salt and two tablespoonfuls of white sugar. Dissolve a teaspoonful of soda in a little boiling water; stir into two and a half cupfuls of sour milk or buttermilk and pour this on the flour and meal. Beat well and turn into a well-greased brown bread mold with a tightly-fitting top, set in a pot of hot water or in a steamer and cook steadily for two hours. Uncover and set in the oven for ten minutes to brown and dry. Eat hot.

Southern Batter Bread

Stir half a cupful of cold boiled rice into a pint of milk and add to it two eggs beaten light and a tablespoonful of melted butter. Put with this two

cups of the Southern water-ground meal in which you have sifted a teaspoonful of salt. Bake in shallow pans and eat hot. This bread is not good made of the ordinary Northern meal.

Whole-Wheat Muffins

Beat two eggs light, add to them half a tablespoonful of butter or lard, melted, two teaspoonfuls of sugar, a cup of milk, and then stir in two cupfuls of whole-wheat flour with which have been sifted a saltspoonful of salt and a heaping teaspoonful of baking powder. Bake in greased muffin tins.

Corn-Meal Drop Cakes

Pour a cupful of boiling water on three cups of corn-meal with which has been sifted a teaspoonful of salt, mix in a tablespoonful of lard, melted, and beat until you have a smooth paste. Stir in three cups of sour milk or buttermilk with two tablespoonfuls of molasses and an even teaspoonful of soda dissolved in a couple of tablespoonfuls of boiling water, add a beaten egg, beat thoroughly and bake on a soapstone griddle.

Rice Waffles

Rub a tablespoonful of melted lard and butter and a teaspoonful of salt into a cupful of cold boiled rice and beat into it three well-whipped eggs. Add four cups of milk, alternately with three cupfuls of flour with which you have sifted a teaspoonful of baking powder, and bake in well-greased waffle irons.

Sally Lunn

Mix a cupful of warm milk with one of warm water and stir into them four well-beaten eggs. Add a teaspoonful of salt, a scant half teaspoonful of soda and half a cupful of melted butter; stir in a half-yeast cake dissolved in four tablespoonfuls of warm water. Mix with this a quart of sifted flour and after beating the batter thoroughly turn it into a well-greased mold and let it rise for six hours. When it has risen to twice its original bulk bake it for three-quarters of an hour in a steady oven, covering it with paper after it has been in the oven for a few minutes, that the top crust may not be too hard. Turn out on a hot plate and eat with butter.

Baked Milk Toast

Trim the crust from slices of bread cut about half an inch thick, toast lightly on both sides, butter moderately, and lay the slices in a deep dish, sprinkling a little salt on each. Pour in enough milk to cover the toast, putting a little cream with it, if possible, cover the dish, bake for fifteen minutes in a steady oven. This is a far more attractive dish than that usually served as milk toast.

Brewis

Dry stale slices of bread in the oven and crush with the rolling pin into coarse crumbs. Heat two cups of milk to boiling, stir in a teaspoonful of salt and a cupful of the crushed bread. Add a table-

spoonful of butter and cook for about five minutes, stirring constantly. Serve hot with cream.

Baked Bread and Cheese

Cut slices of moderately stale bread about half an inch thick, trimming off the crust and arrange it in a pudding dish, laying on each slice of bread one of American cheese, about an eighth of an inch thick. Sprinkle the layers with a little salt, pour over them enough milk to fill the dish full, set it in the oven, covered, and bake for half an hour, uncover and brown.

Baked Welsh Rabbit

Prepare exactly as in the preceding recipe but add a beaten egg to a cup of hot milk, and when the bread and cheese have baked for twenty minutes add the hot milk and egg to the dish and bake for ten minutes longer. Either dish is simple, appetizing and nourishing.

Fried Bread and Cheese

Cut thin slices of American cheese and lay a slice of cheese between two thicknesses of bread, cut about half an inch thick. If they do not stay together otherwise, pin them with small wooden toothpicks, which can be removed before the dish is served. Lay these slices in hot butter and fry to a good brown. They are extremely toothsome and not especially digestible.

Cheese Fondue

Heat two cupfuls of milk and stir into it a cupful of bread crumbs. Let these soak for fifteen minutes. Beat three eggs light, mix with them a tablespoonful of melted butter, a saltspoonful of salt and a pinch of cayenne, the milk and crumbs and lastly a cupful of grated cheese. Turn into a buttered pudding dish, strew crumbs over the top with bits of butter here and there, cover, bake fifteen minutes, uncover and brown and serve immediately, as it falls almost at once.

Cheese Soufflé

Beat four eggs light, mix with them a cupful of hot milk which has been thickened with a teaspoonful of cornstarch wet up in a little cold milk, add a large tablespoonful of butter, melted, a saltspoonful of salt, a pinch of red pepper and a cupful of grated cheese. Beat hard for a minute, turn into a buttered pudding dish or into individual nappies and bake in a quick oven until puffy and lightly browned. Serve promptly.

Toasted Cream Cheese Sandwiches

Cut bread a quarter of an inch thick, buttering it on the loaf, spread with cream cheese, made soft with butter and cream and seasoned with salt and pepper, make into sandwiches with the cream cheese inside and toast lightly on the bread side. The toaster must be very hot when they are put in, or if a coal

fire is used, it must be at a red glow that the bread may toast quickly.

Olive Sandwiches

Chop stoned or stuffed olives fine, mix them with a little thick mayonnaise and spread on thin slices of white or of brown bread, which has been buttered on the loaf.

Marguerites

Beat the white of one egg partially, but not stiff, mix with it two tablespoonfuls of sugar and a half cupful of walnuts, chopped very fine. Spread on wafers or wheaten crackers of any delicate unsweetened variety, arrange on a flat pan and bake to a light brown.

SALADS

Apple and Nut Salad

Shell English walnuts, blanch and chop them coarsely and put them with twice as much bulk of apple-cubes first peeling and coring the apples. The fruit should not be put in until the last moment, as it browns on exposure to the air. Serve on lettuce leaves with French or mayonnaise dressing.

Fruit Salad

Put together four oranges, which have been peeled, stripped of the white inner skin, divided into lobes and seeded, a grape fruit, treated in similar fashion, half a pound of white grapes, peeled and seeded, half a cupful of walnuts, shelled, blanched and cut up small and if you wish, a sliced banana or an apple. Arrange in a dish on lettuce leaves and serve with a mayonnaise.

Chestnut and Lettuce Salad

Remove the shells from the large French or Spanish chestnuts, throw them into boiling water to loosen the skins, remove these and lay the blanched kernels on lettuce leaves. When thoroughly chilled pour a French dressing over them.

Spanish Salad

Slice peeled fresh tomatoes, seed and shred green peppers, stone and slice olives, arrange all on lettuce leaves and pour over them a French dressing. A pimento or sweet red pepper cut into dice is an addition both to the taste and the appearance of this salad.

Balls of Cream Cheese and Green Peppers

Work a tablespoonful of finely minced green peppers into a Philadelphia cream cheese and make it into balls with the fingers or with the paddles used in making butter balls. Serve on lettuce with French dressing.

Macedoine Salad

For this may be used almost any kind of cold fresh vegetables. Green pease, string or lima beans, carrots and beets cut into dice, a cup of celery cut into inch lengths, cubes of cold boiled potatoes. Arrange these separately in neat piles or in rings around one another, putting the beets in the center and having regard to the color scheme in the plan. Raw tomatoes, cut into small pieces may be the outside range, and this may be encircled with crisp lettuce leaves. Serve a French or a mayonnaise dressing with this.

In another Macedoine Salad, the vegetables are mixed, served on lettuce and the dressing poured over all. Either way the salad is good.

Tomato Aspic on Lettuce

Strain a pint of tomato liquor from canned or stewed tomatoes, put it over the fire with a sliced onion, a bay leaf, a sprig of parsley and a little salt and stew fifteen minutes. Soak a half-box of gelatine soft in a cupful of water and then add to the hot tomato juice, stirring until the gelatine dissolves. Take the tomato juice from the fire, strain it, add to it a tablespoonful of vinegar and set it to cool in small cups or timbale molds rinsed out with cold water. When the jelly is firm, as it should be in the course of a few hours if kept on the ice, turn out the forms on lettuce leaves and serve with a French or mayonnaise dressing.

Tomato and Cucumber Salad

Peel firm tomatoes with care, taking pains not to break the outer walls, scoop out the pulp and fill the tomato baskets with cucumber dice. Serve with a French or mayonnaise dressing.

Or you may peel the tomatoes, cut them into cubes, mix with the cucumber dice and serve on lettuce leaves with a French dressing.

Tomato and Shrimp Salad

Prepare the tomato baskets as in the preceding recipe, lay them on crisp lettuce leaves and fill with shrimps, arranging them closely together in the tomatoes. Have thick mayonnaise dressing ready, and put a large spoonful on each basket.

Tomatoes With Whipped Cream

Peel firm, ripe tomatoes and cut them in half transversely. Leave them on the ice for some hours, lay on a cold platter, sprinkle with salt and paprika and put a large spoonful of whipped cream on each piece of tomato. Garnish the dish with hearts of lettuce.

Meat Aspic for Salads

Soak a half box of gelatine in enough cold water to cover it, clear and strain three cupfuls of consommé or other clear soup, seasoning this highly. Heat it, put in the gelatine and when this is dissolved take the soup from the fire, add four tablespoonfuls of tarragon vinegar and a gill of sherry, and more salt and pepper if these are needed. Set in a cold place to form, cut into dice and serve on lettuce leaves or as a garnish for cold meats or for a macedoine or cheese salad.

French Dressing

Three tablespoonfuls of salad oil (unless you are a genuine oil-lover, in which case use four), one tablespoonful of vinegar, a saltspoonful of salt, half a saltspoonful of pepper. Rub a little garlic on the bowl of the spoon or the inside of the bowl in which the dressing is mixed. Dissolve the salt and pepper in the vinegar, stir in the oil. Put it in a very cold bowl and have oil and vinegar both chilled. A good addition is a small lump of ice stirred with the dress-

ing and taken out as soon as it is mixed. Three or four minutes stirring is required to make the oil and vinegar blend properly.

Mayonnaise Dressing

One pint of salad oil, one tablespoonful of vinegar, one egg, juice of half a lemon, saltspoonful of salt, half a saltspoonful of white pepper and the same of dry mustard. Separate the white and yolk of an egg, put the salt, pepper, mustard and lemon juice with the yolk and begin stirring in the oil a drop at a time. In a few minutes increase to two or three drops and as the oil and egg blend and begin to thicken increase the quantity of oil at a dropping, until finally you are putting it in a teaspoonful at a time. Stir in each addition thoroughly before you proceed to another. When the dressing becomes too thick to stir easily add some of the vinegar. The stirring with the fork should be unremitting. Just before the dressing is to be used beat the white of the egg to a standing froth and add to it.

This business of mixing a mayonnaise is very simple and easy if the utensils and ingredients are all very cold. Keep them on the ice for a couple of hours before they are needed.

Should the dressing curdle, set it to one side, take another egg yolk and start the process from the beginning. When the second lot is well-thickened the curdled portion may be stirred into it without injury to the quality of the mayonnaise.

DESSERTS AND CAKES

Apple Snow

Make a custard by stirring into two cups of hot milk the yolks of three eggs, the white of one and half a cup of powdered sugar. Continue the stirring until the custard thickens and set it aside to cool. Whip the whites of the other two eggs to a meringue with half a cup of powdered sugar and grate into this six firm apples, which you have first peeled. This should not be done until just before the dish is to be served, as the apples change color and darken very quickly. When you have mixed the meringue and the grated apples, put the cold custard in the bottom of a glass dish and heap on it by spoonfuls the apple meringue or "snow." All the ingredients of the meringue should have been on the ice for at least an hour before they are put together and the custard should be thoroughly chilled.

Apple Batter Pudding

Make a batter by mixing four well-beaten eggs with a quart of milk, two tablespoonfuls of melted butter and three cupfuls of flour which you have sifted with two teaspoonfuls of baking powder and a saltspoonful of salt. Butter the inside of a deep pudding dish, lay in eight apples, which have been

pared, cored and quartered. Sprinkle sugar thickly over them, distribute a dozen whole cloves among them and pour over them the batter. Cover, bake in a steady oven for half an hour, uncover and brown. Serve a hard sauce with this pudding.

Apple Shortcake

Rub two tablespoonfuls of butter or mixed butter and lard into four cupfuls of flour which you have sifted with two teaspoonfuls of baking powder and half a teaspoonful of salt and work to a soft dough with two cupfuls of milk. Roll this into a sheet half an inch thick, cut part of it to fit the bottom of a greased baking tin, lay over this a thick layer of cored, peeled and sliced apples, strew these with half a cupful of sugar, lay the remainder of the dough over these in a thin sheet and bake in a steady oven for half an hour. Cut into squares or triangles and serve with hard sauce or with butter and sugar.

Swiss Toast With Lemon Sauce

Cut rounds of stale bread about an inch thick, make an eggless custard with a pint of milk, two beaten eggs and a pinch of salt; lay the rounds in this and let them absorb the raw custard for half an hour, turning them over once and being careful not to break them. Take the rounds up with a cake-turner and slip them into boiling deep fat. They will take about five minutes to cook. Serve them with a lemon sauce made by working a tablespoonful of butter into a cupful of sugar and adding a table-

spoonful of lemon juice. Beat until the sauce is white and light.

Bread-and-Marmalade Pudding

Slice stale bread, butter it liberally and spread thickly with marmalade of any kind. Peach marmalade is especially good for this. Arrange the bread and marmalade in layers in a deep-buttered pudding dish and pour over each layer a hot custard, made by heating four cups of milk over the fire and stirring into it four tablespoonfuls of sugar and four beaten eggs, cooking this for only one minute after it is scalding hot. Allow each layer to absorb as much of the custard as it will take up before you proceed to the next. When all the materials are used, cover the dish, bake half an hour, uncover and brown and eat hot with such lemon sauce as is made for Swiss toast. Or you may let the dish become very cold and eat with cream.

Bread-and-Raisin Pudding

Soak two even cups of bread crumbs in three cups of hot milk for half an hour. Cream together a tablespoonful of butter and half a cupful of sugar; beat three eggs light and put with them butter and sugar. Butter a pudding dish and after stirring the crumbs and milk to a smooth paste, spread a layer of it in the bottom of a pudding dish; strew with seeded raisins,—you will need a generous half cupful for the dish—and with a little mixed nutmeg and cinnamon. Put on another layer of the crumbs, more

raisins and spice and when all are in, put the dish in the oven and let it get heated through. Pour over it the butter, sugar and egg mixture, cover, bake twenty minutes, uncover and brown. Eat with cream.

Bread-and-Jam Pudding

Cover the bottom of a greased pudding dish an inch deep with bread crumbs. Make a hot custard of a quart of milk, four tablespoonfuls of sugar and four eggs, as directed in the recipe for Bread-and-Marmalade Pudding and pour in as much of this as the crumbs will soak up. Cover the crumbs with a half inch layer of any good jam,—raspberry, peach, strawberry, whatever you happen to have—put on this another inch-thickness of the crumbs and pour on the rest of the custard, slowly, that it may absorb well. Cover and bake half an hour before you permit it to brown. Eat very cold with cream.

Queen's Toast

Cut rounds of stale bread, removing the crust, and fry in butter or sweet dripping or lard to a light brown. As you take each slice from the pan dip it for a second into boiling water. It should be merely a dip, no more. Sprinkle thickly with cinnamon and sugar or with jam and serve with hard sauce or with cream. Keep the toast very hot.

Cracker-and-Date Pudding

Soak a cupful of cracker crumbs for ten minutes in two cups of milk, add to them a saltspoonful, each,

of salt and of cinnamon, two tablespoonfuls of powdered suet, half a cupful of sugar and two beaten eggs. Dredge a cupful of dates cut into small pieces in a tablespoonful of flour, put with the other ingredients, beat hard and turn into a well-greased mold with a tightly-fitting top. Steam or boil for three hours, turn out, set in the oven for five minutes to dry and crisp the surface and eat with hard sauce.

Cracker Plum Pudding

Heat to boiling two quarts of milk and pour upon seven eggs, beaten light with a cupful of sugar, a teaspoonful of salt and a saltspoonful, each, of cinnamon, cloves and nutmeg. Do not let this milk go to the boil after these are in. Grease a pudding dish, cover the bottom of it with a layer of Boston crackers, split and buttered, the buttered side up, and moisten these with a few spoonfuls of custard. Have ready a pound of raisins, seeded, strew a layer of these on the crackers and put on another thickness of crackers, this time with the buttered side downwards. Continue in this order, moistening each layer with the custard until all the fruit and the crackers are used and then put in the remainder of the custard, cover and leave all night in a cool place. Bake covered for two hours, in a moderate oven, brown and eat with hard sauce to which you have added a tablespoonful of brandy.

Sago Custard

Soak a small cup of sago over night in two cups of water. When ready to make the pudding heat

four cups of milk to scalding with a pinch of soda and a quarter-teaspoonful of salt and put in the soaked sago; stir until this is dissolved. Beat yolks of four eggs light with a cupful of sugar, pour the hot sago upon them, return to the fire and stir until the custard thickens, take from the fire, beat in lightly the whites of the eggs whipped stiff and set the dish aside in a cold place. When cool, flavor to taste and set on the ice until it is needed.

French Tapioca Custard

Follow the preceding recipe, using tapioca instead of sago.

Caramel Custard

Heat two cupfuls of milk very hot, pour them upon three eggs which have been beaten and a quarter-cupful of sugar that has been browned in a saucepan. Return to the fire with a dash of salt and a half-teaspoonful of butter, cook until the eggs begin to thicken, take from the fire, flavor and turn into a buttered pudding dish or small nappies. Set in a pan of boiling water and bake until the custard is set, then put aside until cold and firm. Turn out on a flat dish and pour over the custard a caramel sauce made by boiling a cup of granulated sugar with a half cup of water until it sugars, then cooking to a very dark brown. When this stage is reached add a cup of boiling water, stir all together, set aside and use cold.

Farina Pudding With Chocolate Sauce

Heat three cups of milk, add to it a saltspoonful of salt and three tablespoonfuls of farina which have been soaked for an hour in a little cold water. Cook half an hour, stirring frequently, take from the fire and pour upon three eggs which have been beaten light with four tablespoonfuls of sugar and a cup of milk. Cook ten minutes longer in the double boiler, flavor to taste with vanilla, turn into a wet mold and set aside to get cold. Eat with a chocolate sauce. Make this by boiling together a half cupful of sugar and a cupful of water for five minutes; mix four tablespoonfuls of grated chocolate with a gill of milk, dissolve a tablespoonful of arrowroot in four tablespoonfuls of water, cook the chocolate with the sugar and water until melted and blended, stir in the arrowroot paste and boil five minutes, add a teaspoonful of vanilla and serve.

Surprise Pudding

Heat a pint of milk to boiling and pour this upon two tablespoonfuls of corn-starch moistened with a little cold milk. Put over the fire and stir until the mixture thickens, add a tablespoonful-and-a-half of butter and two eggs, beaten light, and after three minutes take from the fire. Pound macaroons fine, add two tablespoonfuls of these to the pudding and turn into a buttered mold, set aside to become cold and stiff enough to turn out.

Make a sauce by beating together a large table-

spoonful of butter with two of powdered sugar; heat a gill of sherry very hot and whip it into the creamed butter and sugar. Stand the bowl containing this in an outer vessel of boiling water and do not take the sauce up until the last moment, so that it may be very hot, while the pudding is ice-cold.

Banana Soufflé Pudding

Whip a pint of cream stiff, stir into it five well-beaten eggs and then five bananas which have been peeled and chopped fine. Mix as quickly as possible, put the soufflé into a greased pudding dish and bake in a quick oven to a delicate brown. Eat with sugar and cream and serve at once, as it falls quickly.

Prune Soufflé With Whipped Cream

For this you will need a dozen-and-a-half prunes which have been soaked and stewed until tender. Stone and chop the prunes fine, beat seven tablespoonfuls of powdered sugar into the whites of eight eggs, whip the prunes into this, bake in a greased pudding dish in a steady oven for twenty minutes and serve immediately with whipped cream. It is a delicious dessert but must be eaten promptly.

Cocoanut Soufflé

Heat two cups of milk and when they reach the scalding point stir in a cupful of grated cocoanut. Leave in a cold place until chilled, add five eggs beaten light, five tablespoonfuls of powdered sugar and a half teaspoonful of bitter almond and bake

in a greased dish as you would prune soufflé. Serve with whipped cream.

Suet Pudding

Mix a cupful of molasses with one of milk and sift a scant teaspoonful, each, of soda and salt through a cup-and-a-half of flour. Chop into the flour a cup of suet freed from strings and rubbed fine, pour in the milk and molasses and after all are well beaten put in a half cupful of raisins which have been seeded, chopped and well dredged with flour. Pour into a buttered mold with straight sides, set in a pot of boiling water and boil steadily for three hours. Eat with hard or liquid sauce.

Date Pudding

Soak a cupful of crumbs in two cupfuls of milk for fifteen minutes, and stir into them a half-cupful of granulated sugar, three eggs beaten light, a quarter-cupful of powdered suet, a pinch of salt, a salt-spoonful, each, of powdered cinnamon and nutmeg and a cupful of washed and dried dates chopped coarsely. Grease a plain pudding mold with a tightly-fitting top, put in the pudding, set in a kettle of boiling water and cook for three hours. Eat with hard sauce.

Fig Pudding

Make by the preceding recipe, substituting soaked and dried figs for the dates.

Raisin-and-Date Pudding

Soak a large cupful of bread crumbs in a pint of milk for an hour and add to them three beaten eggs, three tablespoonfuls of flour sifted with a teaspoonful of baking powder and three tablespoonfuls of powdered suet. Dredge a half-cupful of seeded and chopped raisins and a half-cupful of stoned, washed and dried dates well in flour and stir into the mixture of crumbs, milk, eggs, etc. Beat hard and boil or steam for three hours, take out of the mold in which it was cooked, set in the oven for five minutes and serve with hard or soft sauce.

Queen of Puddings

Cream a heaping tablespoonful of butter with a cup of powdered sugar and beat into this the whipped yolks of five eggs. Have ready two cups of bread crumbs which have soaked half-an-hour in a quart of milk and add to the butter, sugar and eggs; season to taste with vanilla and turn into a buttered baking dish. Cover and bake in a steady oven for half-an-hour. Draw the dish to the front of the oven and spread over the top of the pudding a pint of fresh strawberries, strew sugar on these, cover with a meringue made of the whites of the five eggs beaten stiff with two tablespoonfuls of powdered sugar, let this brown lightly and set aside to cool. Eat very cold with cream.

This pudding may also be made with other fresh or preserved fruit in place of the strawberries.

Steamed Orange Pudding

Soak a cupful of bread crumbs in two cupfuls of milk and beat into them three eggs whipped light, three-quarters of a cup of sugar and two tablespoonfuls of powdered suet. Dredge thoroughly with flour three oranges which have been peeled, stripped of the white skin and divided into half lobes, and add to the other ingredients. Put the pudding into a mold with a closely-fitting top and steam for three hours. Let it dry in the oven on a hot plate for five minutes after it comes from the mold and serve with hard sauce.

Cabinet Pudding

Beat two eggs light and mix with two cupfuls of milk, add to them two tablespoonfuls of white sugar, a saltspoonful of salt and a teaspoonful of vanilla. Have ready two cupfuls of crumbed stale cake, two tablespoonfuls, each, of shredded citron, cleansed currants and sultana raisins. Grease a pudding mold and fill it with alternate layers of the fruit and the crumbs, moistening the latter with the milk-and-egg mixture. When all are filled cover the mold tightly and boil or steam for two hours. If the pudding seems too dry before you close the mold, put a little milk with it.

Cream may be served with this pudding or a liquid sauce.

Pumpkin Pudding

Beat the yolks of four eggs light, add to them a cupful of sugar and two cupfuls of stewed pumpkin, pressed through a colander. You will save yourself time and work by using the canned pumpkin. Soften the pumpkin mixture by the addition of a quart of milk, flavor to taste with nutmeg and cinnamon, stir in the whipped whites of the four eggs and bake the pudding in a greased pudding dish, until it is set firm. Eat cold.

Prune Pudding

Cook together in a saucepan a tablespoonful, each, of butter and flour and when these are blended stir into them a half-pint of hot milk and cook until the sauce is smooth and thick. Whip this into the yolks of four eggs beaten light with two tablespoonfuls of sugar and add a dozen-and-a-half prunes that have been stewed, stoned and chopped. Beat hard for several minutes, set aside to cool and when cold put with it the whites of the four eggs, whipped to a standing froth. Bake in a buttered pudding dish for half an hour and eat with a sauce made of the liquor in which the prunes were cooked sweetened to taste and flavored with a little lemon juice.

Macaroni Pudding

Break a half pound of macaroni into small pieces and cook it in a pint of milk in a double boiler until the macaroni is clear and tender, but not until it

breaks. Add two tablespoonfuls of butter, four tablespoonfuls of sugar, a pinch of nutmeg, a half-teaspoonful of salt and a teaspoonful of vanilla. Just before taking from the fire stir in four tablespoonfuls of thick cream. Eat with cream and powdered sugar or with hard sauce or butter and sugar.

Irish Potato Pudding

Parboil, peel and whip up eight good-sized Irish potatoes. put them through a vegetable press. Cream three-quarters of a cupful of sugar with half a cupful of butter, stir into this the beaten yolks of four eggs, a teaspoonful, each, of powdered nutmeg and cinnamon and then the potato. Flavor with the juice and rind of a lemon and a wineglassful of brandy, and last of all whip in the beaten whites of the eggs. Bake in a buttered pudding dish and eat cold with wine sauce.

Raised Berry Pudding (Boiled)

Melt a tablespoonful of butter and mix with two beaten eggs, a cupful of milk, two cupfuls of flour, half a yeast cake dissolved in a little warm water and a pinch of soda, also dissolved in warm water. Set this to rise in a warm place for three or four hours. When it has doubled in size stir in two cupfuls of blackberries, black raspberries or huckleberries, well dredged with flour, put the pudding into a greased mold with straight sides and steam or boil for three hours. Serve with a hard sauce.

Raised Berry Pudding (Baked)

Beat two eggs light and put with them a pint of milk, a saltspoonful of salt, half a yeast-cake dissolved in three tablespoonfuls of hot water, and sift in four scant cupfuls of flour. Let this rise for about four hours, stir in three cupfuls of dredged blueberries or huckleberries or blackberries and turn into a well-greased cake mold. Bake for one hour in a steady oven and eat with hard sauce.

Rhubarb Pudding

Cover the bottom of a buttered pudding dish about an inch deep with fine bread crumbs and sprinkle with bits of butter. Lay on this raw rhubarb cut into half inch lengths and a dozen seeded raisins and sprinkle with two tablespoonfuls of sugar. Put on this more crumbs and more butter, repeat the rhubarb, raisins and sugar, and so on through the dish, making crumbs the top layer. Put bits of butter over this, strew with a teaspoonful of grated orange or lemon peel and bake covered for an hour in a steady oven. Uncover and brown. Eat hot, with hard or liquid sauce.

German Puffs

Beat the yolks and whites of three eggs separately and very light. Put with the yolks three cups of milk, three teaspoonfuls of melted butter and a saltspoonful of salt, add three cups of flour sifted with two teaspoonfuls of baking powder and last of all,

the whites of three eggs, beaten stiff. Bake in greased custard cups and serve quickly.

Indian Pudding

Heat three pints of milk in a double boiler and when scalding hot stir in a heaping cupful of yellow Indian meal, taking pains not to let it lump. Cook in a double boiler for an hour, stirring frequently. Beat together a small cupful of molasses and two tablespoonfuls of butter, add to these four eggs beaten light, a teaspoonful of mixed cinnamon and nutmeg, and one of ground ginger; add these to the milk and meal and beat very hard. Last of all stir in a cupful of seeded raisins dredged in flour, turn into a buttered pudding dish and bake covered forty minutes. Uncover, stir up well from the bottom and brown on top. Eat with hard sauce, seasoned with nutmeg and cinnamon.

French Pancakes

Beat two eggs light, add to them a cup and a half of milk, a tablespoonful of butter, melted, two cupfuls of flour and a little salt, sifted with the flour. Bake on a griddle, like ordinary griddle cakes, spread them with jam or jelly or with sugar, lemon juice and butter and roll with the sweet inside. Sprinkle with powdered sugar and serve very hot.

Banana Fritters

Peel and cut bananas lengthwise into thick slices, squeeze over each piece a few drops of lemon juice,

treating each side to the lemon. Dry the slices between soft cloths and dip into a fritter batter made by melting a tablespoonful of butter in a cupful of warm water, and pouring this upon a cupful of flour sifted with half a teaspoonful of baking powder and a saltspoonful of salt: add the beaten white of one egg. Fry the fritters in deep fat to a golden brown.

Potato Pie

Make a mixture as directed under the recipe for Irish Potato Pudding and bake in pastry shell. Have no top crust.

Chestnut Pudding

Shell, boil and skin enough of the large Spanish or French chestnuts to make a cupful after they have been put through a vegetable press. Beat four eggs light and stir the chestnuts into the yolks, add a tablespoonful of butter and a tablespoonful of cracker crumbs, one of sugar, a little salt and two cupfuls of milk. Add the whites of the four eggs whipped stiff and bake in a buttered pudding dish. Keep it covered in the oven for half an hour before you uncover and brown. Eat with hot wine sauce or with hard sauce flavored with brandy.

White Custards

Heat a pint of milk scalding hot and pour it upon the whites of three eggs which have been stirred,—not beaten,—with two tablespoonfuls of powdered sugar. Flavor to taste with vanilla, turn into wet

custard cups and set in a pan of boiling water in the oven, covering closely. Bake until the custards are set and put them aside to become very cold. Turn out on a flat dish, cover with whipped cream, sprinkling grated maple sugar over the cream.

This dish is comparatively little known and is both good and delicate, besides being easily made and comparatively inexpensive.

Tapioca Cream

Soak a scant cup of tapioca several hours in a large cup of cold water and stir it into two cups of milk which you have heated scalding hot in a double boiler. Add a cup of sugar and cook until the tapioca is clear. This should take about fifteen minutes. Remove from the fire, beat hard with an egg beater to remove all lumps and make the mixture soft and creamy, flavor with two teaspoonfuls of vanilla, add a pinch of salt, stir all well and turn into cups or forms wet with cold water. Eat very cold with sugar and cream.

Coffee Junket

Add a gill of very strong black coffee to a pint of milk and stir into it either a rennet tablet, dissolved in a little water or the amount of liquid rennet indicated for this amount of fluid. The directions for this differ, according to the brand put up by different makers. Add sugar to taste, set the junket to form and when firm, put in a very cold place or on the ice. Eat with sugar and cream.

Prune-and-Nut Jelly

Soak two-thirds of a box of gelatine for two hours in a cupful of cold water, add a cupful of boiling water and three cupfuls of water in which a cupful of prunes has stewed for several hours. To this a cupful of sugar should have been added before the prunes were removed. Stir the jelly over the fire until clear, strain, add the juice of a lemon and two tablespoonfuls of sherry. Turn into a glass dish. When partially formed stir into it the cupful of stewed prunes, stoned and chopped and two dozen almonds shelled, blanched and chopped. Stir the jelly until it is firm enough to keep the fruit and nuts from sinking to the bottom. Eat with cream, plain or whipped, and very cold.

Jellied Oranges

Mix a cupful of granulated sugar with a half-box of gelatine which has been soaked in enough cold water to cover it, put into a saucepan with three cupfuls of boiling water and stir until the gelatine is dissolved. Take from the fire, add a cupful of strained orange juice and a half-teaspoonful of cinnamon and strain through wet flannel. Have ready halved orange skins, from which you have removed the pulp carefully and wet these with cold water. Pour the jelly into them and put them where they will stand steadily until the jelly is firm. Serve in the skins, with a teaspoonful of whipped cream on top of each.

Orange and Cocoanut Ambrosia

Peel and slice sweet oranges, arrange them in a glass dish, covering each layer of the oranges, from which all seeds should be removed, with a coating of grated cocoanut, sprinkled with sugar. Place in alternate layers, moistening with orange juice and sherry and topping the dish with the cocoanut and sugar. Leave on the ice for half an hour before it is to be served and have the ingredients thoroughly chilled when you use them. When the dish is composed of lukewarm materials it is not pleasing to the taste.

Macaroon Charlotte Russe

Soak a quarter-box of gelatine for an hour in a half cup of milk and put it over the fire until the gelatine dissolves. Set it aside to cool and when entirely cold, but before it begins to stiffen, add it to a pint of cream which has been sweetened with half a cup of sugar and whipped. You may increase the amount by putting with it the whites of three eggs beaten to a standing froth, and flavor all with two teaspoonfuls of vanilla. Line a glass dish with macaroons softened with cream, custard or sherry, fill the open space with the cream mixture and set in a very cold place to form and become chilled. It should be ready to eat three or four hours after it is made.

Homemade Charlotte Russe

This may be made by the preceding recipe, using sliced sponge cake or lady fingers to line the mold instead of macaroons or by taking the crumb from the middle of a large round or brick-shaped sponge cake and filling it with the gelatine and cream mixture just described or with plain cream, sweetened, flavored and whipped. Serve very cold.

Tipsy Parson

Lay an oblong sponge cake in a glass dish and pour upon it slowly, a little at a time, enough sherry to soften and soak the cake well. Make a good soft custard by cooking four eggs with four cups of milk and four tablespoonfuls of sugar until this thickens, let it get cold and pour it on the cake. It should be thoroughly chilled before it is served.

Syllabub

Mix a little milk with double cream, sweeten and flavor it to taste and whip with a cream churn or whip or egg beater. As the cream thickens and the bubbles rise to the surface, take these off and put them into a chilled dish. Continue this until you have used up all the cream mixture. This is the genuine syllabub and is best when flavored with sherry. An improvement upon it may be made by heaping the froth upon sponge cakes soaked in sherry or in cream.

Strawberry Float

Pick over, hull and mash two quarts of berries. Sweeten the juice and add to it a pint of double cream. Beat the whites of four eggs to a standing meringue with six tablespoonfuls of powdered sugar, stir in lightly the mashed berries and after turning the juice and sweetened cream into a glass dish heap the fruited meringue on top of the cream, by the spoonful. Serve very cold.

Raspberry Cream Pie

Line a pie dish with good paste and fill it nearly full of ripe red raspberries. Sprinkle with granulated sugar and lay over them an upper crust, rubbing the edge of this and of the under crust with butter, that they may not adhere to each other. Heat a cupful of milk in a double boiler and thicken it with a teaspoonful of cornstarch, wet up in a little cold milk, sweeten with three tablespoonfuls of sugar and set aside to cool. When this stage is reached whip in the beaten whites of three eggs. After the pie is baked and cold, lift the top crust, pour the cream you have made over the berries and replace the cover. Serve cold.

Peach Shortcake

Chop a tablespoonful of lard and one of butter into two cupfuls of flour with which you have sifted two teaspoonfuls of baking powder and a salt-spoonful of salt, wet to a dough with milk. Bake in jelly cake

tins. While still warm put between the layers peeled, stoned, and cut-up peaches, plentifully sugared, and serve with cream, plain or whipped.

Blueberry or Huckleberry Shortcake

Sift two teaspoonfuls of baking powder with four cups of flour, add a teaspoonful of salt and work into the flour two tablespoonfuls of butter or of mixed shortening. Add two cupfuls of milk and one egg beaten, and make into a dough. Roll out in a sheet half-an-inch thick, spread this over the bottom of a baking tin, put on it a quart of blueberries or huckleberries, strew a half cupful of sugar over them, cover them with another sheet of the dough rolled a trifle thinner than the lower sheet; bake in a steady oven and serve hot cut into squares. Eat with butter and sugar or with hard sauce.

Fruit Surprise

Chop or crush any kind of fresh fruit, berries, oranges or peaches, so that you have a quart of pulp. Put with it two cupfuls of sugar, one cup of cold water and the unbeaten whites of four eggs; turn into a freezer and freeze until firm. Pack and leave for an hour before turning it out.

Fruit Surprise of Canned Peaches

Use a can of peaches, the fruit and the liquor, and proceed exactly as with fresh fruit, using less sugar if the peaches are already well sweetened.

Banana and Pineapple Ice Cream

Beat two eggs light, put with them a cupful of sugar, three bananas peeled and chopped and a cup of shredded Hawaiian pineapple, a half pint of cream and a pint of milk, and freeze.

Pineapple Ice Cream

Make by the preceding recipe, but have a cup-and-a half of pineapple, instead of the cupful called for in the directions for Banana and Pineapple Ice Cream.

I am happy to commend this very simple and easy method of making fruit ice cream, which demands no cooking and thus saves extra work and does away with the danger of scorched milk or curdled custard.

Crushed Peach Sauce

Crush two cupfuls of peeled, stoned and sliced peaches, add to them a cupful of sugar and when this is dissolved set the sauce away until it is perfectly cold. If you wish you may put it through a vegetable press, but if the peaches have been thoroughly chopped, this is unnecessary.

Orange Cake

Cream three tablespoonfuls of butter with two cups of sugar, add the yolks of four beaten eggs and the whites of two, the juice and half the grated peel of a large orange, a cup of cold water and three cups of flour with which have been sifted two teaspoonfuls of

baking powder. Bake in three jelly cake tins and when the cakes are cool put between them a filling made by beating the whites of two eggs stiff with a cup of powdered sugar, the juice and half the grated peel of an orange, adding a little more sugar to the mixture to make an icing for the top layer.

Gold Cake

Cream a cupful of butter with two of sugar, add the juice of a lemon and the grated peel of an orange, the yolks of four eggs beaten light, a small cup of milk and three cupfuls of flour, with which you have sifted two teaspoonfuls of baking powder. Bake in a loaf or in small cakes and flavor the icing with orange peel and lemon juice.

Huckleberry Cake

Cream half a cup of butter with a cup of sugar, beat in the whipped yolks of three eggs, a half-cup of milk, a teaspoonful of mixed cinnamon and nutmeg, two cups of flour, sifted with two teaspoonfuls of baking powder and a half-teaspoonful of salt, and the whipped whites of the three eggs. Dredge two cupfuls of huckleberries with flour and stir them in at the last, taking pains not to break them. Cover the cake after it has been in the oven five minutes and bake steadily until a straw comes out clean from the thickest part of the loaf.

This cake is better the day after it is baked than when just made.

HELPING HAND COOK BOOK

Homemade Cream Puffs

Put a half pound of butter over the fire in two cups of warm water and bring it to a slow boil; then put in two cups of flour and cook one minute longer, stirring steadily. Turn the paste into a deep dish and when cool beat into it the yolks of six eggs, whipped very light and when these are in, the whites, beaten stiff. Drop in large spoonfuls upon buttered paper, taking pains not to put them near enough together to run into each other. Bake about ten minutes in a quick oven and take them out when they are a delicate brown.

Make the filling for the cream puffs by heating three cups of milk over the fire in a double boiler, thickening it with four tablespoonfuls of cornstarch made to a paste with half a cup of milk and pouring this upon two cupfuls of sugar stirred into two beaten eggs. When well mixed return to the fire and cook until the custard has a creamy look. After it is cold flavor it to taste with vanilla, cut the puffs three-fourths of the way around, lift the upper half and fill with the custard. Sprinkle powdered sugar over them and eat the day they are made. If they are not to be served until the next day do not put the custard into the puffs until then.

Hermits

Cream a cupful of butter and two of sugar, heat in the whipped yolks of three eggs, a half cupful of milk and the frothed whites, two cupfuls of flour

sifted with a heaping teaspoonful of baking powder and work to a dough just stiff enough to roll out. Add more flour if required, but be careful to keep the dough soft. When the dough is rolled out into a thin sheet, strew over one-half of it chopped hickory nuts or walnuts, minced very fine, and sprinkle with sugar, turn the other half of the dough over them and roll out into a thin sheet. Cut into rounds and bake in a steady oven to a delicate brown. Sift granulated sugar over them while still warm.

Jumbles

Cream half a cup of butter with three-quarters of a cupful of sugar, add to these the yolks of two eggs beaten, a heaping cupful of flour, two tablespoonfuls of sherry and a little vanilla. Make into balls about the size of a marble and arrange them on buttered paper far enough apart to avoid any risk of their running together when they flatten down in cooking. Lay a seeded raisin or half a blanched almond on top of each and bake in a steady oven to a pale yellow. Watch them carefully, as they must not brown. Take them from the paper while still warm, as they are very brittle when cold.

Macaroons

Beat the whites of two eggs very stiff, add a cup-and-a-half of powdered sugar and six ounces of almond paste, chopped fine; make into balls the size of a marble and bake on buttered paper to a delicate brown. Leave on the paper until entirely cold as they break badly if handled while warm.

BEVERAGES

Tea Punch

Make a quart of good tea with freshly-boiled water and four teaspoonfuls of the best Ceylon tea. Strain it from the leaves when it has stood covered for five minutes and set it in a cold place. When cool make a mixture of a cup and a half of granulated sugar and five tablespoonfuls of lemon juice, add the tea and pour all on a block of ice fifteen minutes before the punch is needed. Just before it is served add a pint of Apollinaris and a handful of berries, if raspberries or strawberries are in season, or, failing these, Maraschino cherries and mint leaves.

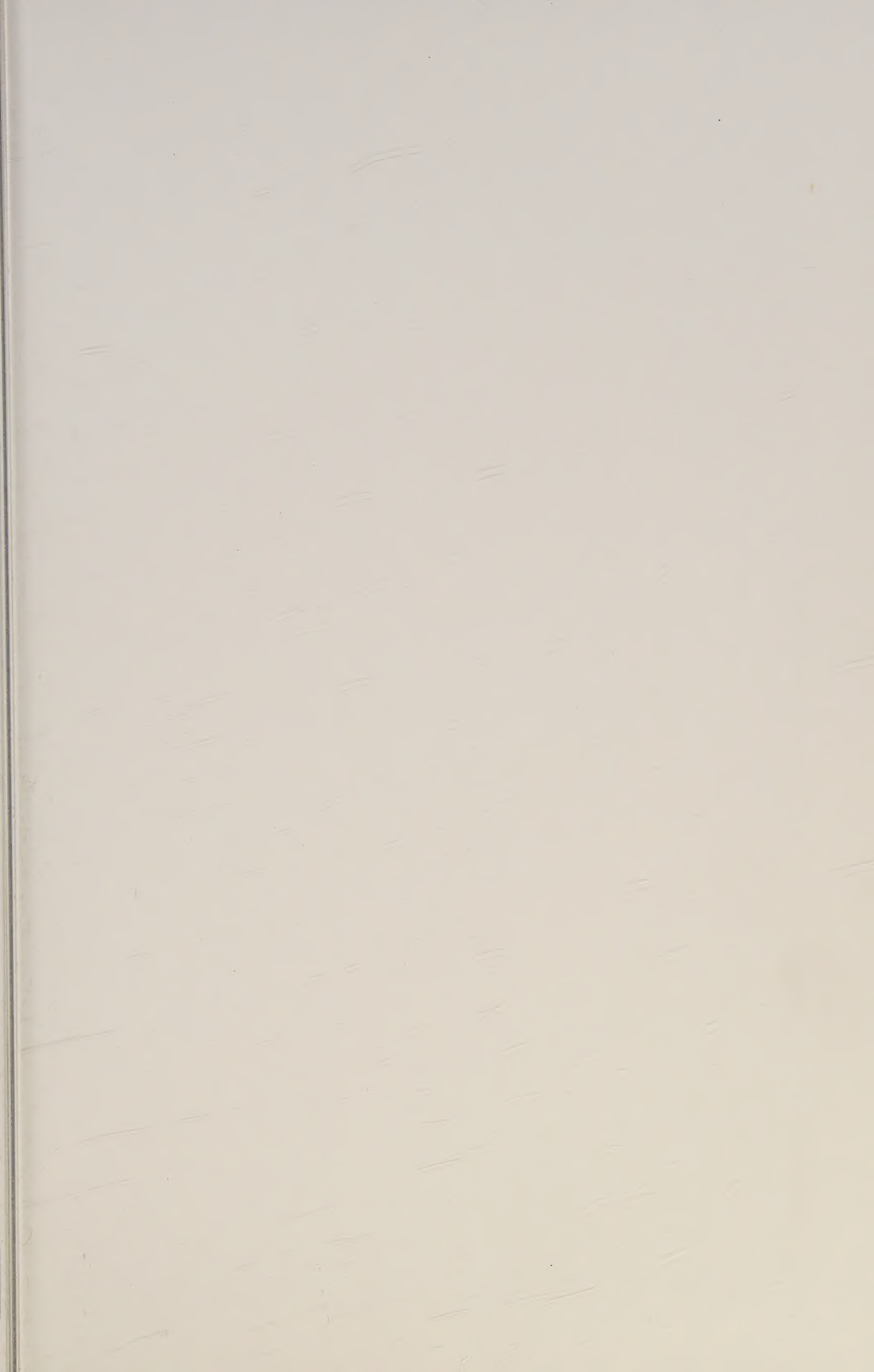
Ginger Ale and Mint Punch

Squeeze the juice of six large lemons on a cupful of granulated sugar and put on ice until the sugar is entirely dissolved. Put a block of ice into a punch bowl, add a scant quart of water to the sugar and lemon and pour this into the bowl. Stick long-stemmed sprays of mint around the edge of the bowl, bruising the stems of the mint in the fingers that the flavor may mix with that of the lemon, leave this for ten minutes and pour in then two bottles of ginger ale, which should have been well chilled in advance. Stir the punch and ladle into cups or glasses.



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